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INTERNATIONAL

H&E

MONTHLY

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NUDE SCULPTURE
with **PHOTOGRAPHY**

VISITORS DAY
AT THE CLUB

NUDISM THE
DEVILS INVENTION

AGDE, PEACE AND
QUIET AT LAST

THE WORLD'S LARGEST SELLING NATURIST MAGAZINE
NOW IN ITS 81st YEAR OF CONTINUOUS PUBLICATION







THE 81st YEAR OF CONTINUOUS PUBLICATION

Health and Efficiency was established in 1900 and has incorporated Sunbathing Review and Vim. The magazine is entirely free of any connection with, and is not influenced by, national associations, clubs or other organisations.

We publish news, views and reflections on the nudist scene. We look beyond the clubs to the evolving world where social nudity on the beaches and in our homes is affecting our modes, mores and morals. All are grist to the mill.

We believe in the cause of social nakedness and as such consider it our duty to promote its acceptance universally. Our propaganda both by word and picture is designed for total honesty of expression but at all times within the bounds of propriety. This magazine is entirely independent. The views expressed in literary contributions are not necessarily those of the Editor.

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EDITORIAL

NO GATES PLEASE

We are interested in free beaches. We want to see more. And our idea of a free beach is one where anyone can go—freely. If they want to take off their clothes to sunbathe or swim naked they should be able to do so without let or hindrance.

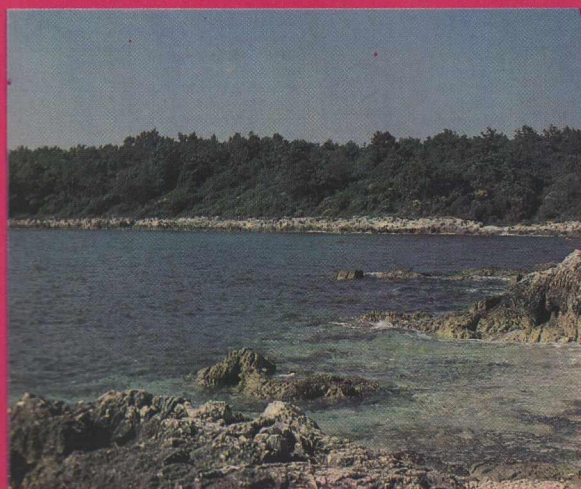
Fortunately we know of several beaches where you can do this. Nearly every country in Europe possesses at least one. But recently we have noticed a disturbing development. Gates.

Associated with gates you always find fences. And more often than not associated with gates and fences you will discover a man with his hand out asking for money. We are against all three—the gates, the fences and the little men with their hands out.

It all started on the Isle de Levant. It has spread to Yugoslavia. When asked what the money is for, the little man with the outstretched palm will tell you it's for 'facilities.' If you point out that nearby textile beaches have all the facilities in the world and no gates, fences or charges, the little man will shrug his shoulders and suddenly speak nothing but the mountain dialect of Serbo-Croat.

It is not good enough. Nudists bring money and prosperity to the resorts they favour. They should be neither fleeced nor fenced.

Murray Wren, Editor



Next Month

SOMETHING NEW

Most of you know that many free beaches are lurking in Yugoslavia. Most of them undiscovered. Last summer we sponsored a visit to the delightful Laguna Zelena near Porec. Here we found a complex of delightful holiday hotels set beside an azure blue sea. But best of all, not more than ten minutes walk away lay one of the biggest free beaches we have ever seen. It stretched for miles and . . . but join us next month for the full story and details of this summer's visit.



NUDE IN ISTRIA

NUDE leisure in Yugoslavia has long been chosen by tourists from Deutschland and Austria. Their word for 'naturism' is 'freikorperkultur' and the letters 'FKK,' that are short for it, direct you on road signs to the many autocamps where clothes are not needed by the Adriatic. They can also be seen painted on rocks and rougher notices on the 'côtes sauvages.' They are pronounced Eff Ka Ka—the 'ka' as in 'cat.'

These places can be enjoyed by 'day visitors' and it is worth joining a 'textile' package holiday with YUGOTOURS to combine the luxury of hotel food and cheaper air travel with nude daytime leisure.

The cost of petrol and the fatigue of length car travel on crowded roads make the 'textile' hotel, not far from an FKK

beach, a 'good buy' compared with camping at a nude centre. You get an extra day or two free in the sun, instead of cooped up in a car in hot weather. The local transport will get you to a naturist beach and back each day at little cost.

It can be cheaper than using the apartments in the nudist centres.

In August, 1979, my partner and I took a 'package holiday' to Rovinj and we stayed for two weeks at the Hotel Park. We visited ten FKK beaches and she recorded the cost of boats, buses and long distance coaches.

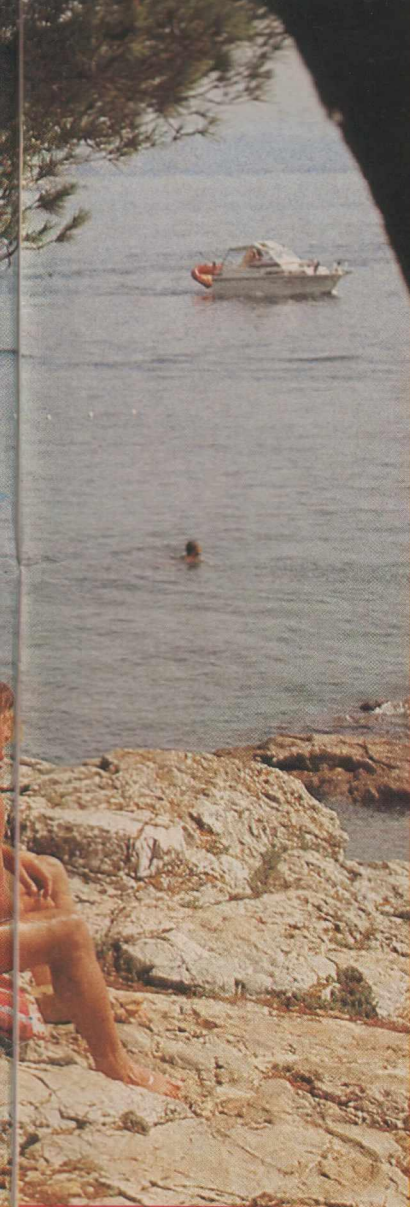
Including the flight, full board and day trips—it cost us £120 each per week. To stay, and feed, at any of the 'nude' apartments that we saw in the centres, at that time of year, would have cost £130 each per week.

Others might spend less on local travel and more on the entertainments in the evenings. Any couple interested mainly in nude leisure by the sea, even in mid-August, could have spent a fortnight at the Hotel Park, Rovinj, for less than £500 and had a marvellous time. Let me tell you of the FKK beaches that we reached with ease, without a car, from our hotel without buying extra food. When needed, the picnic lunches provided by Hotel Park were very good.

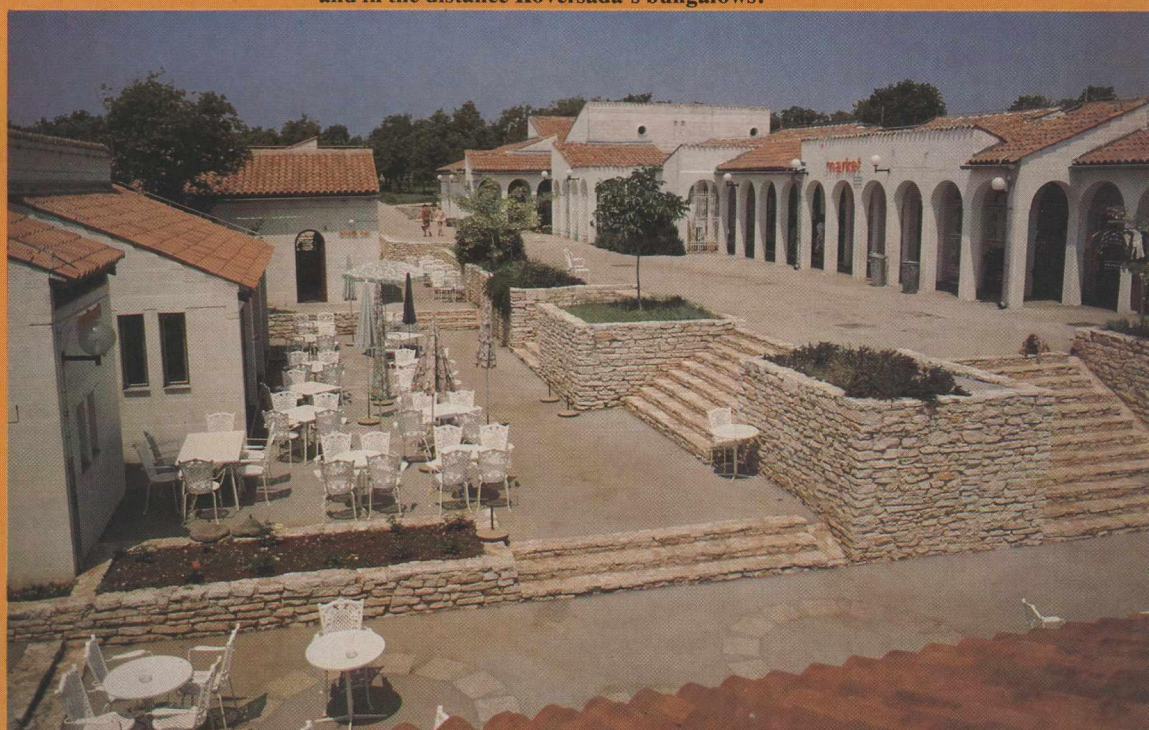
The nearest, and still our first choice, is very easy to reach by boat. It is called Crveni Otok or Red Island. A ferry leaves a jetty less than five minutes' walk from the hotel every hour. It costs 22 dinar for a return ticket and then there is about another 15 dinar to pay to cross the causeway from the textile half of Red Island (St.

Andrija) to the nude half (Maskin). Good pathways wind round Maskin amongst the trees, within sight of the beach—or across the little island past a central pagoda. There is a restaurant with showers and toilets and, besides sunbathing on the flat rocks and swimming in the clear water, it is delightful just to walk nude round this little paradise. There always seems to be a gentle breeze to caress the body and stop you getting too hot even at mid-day.

To the south of Rovinj is a fine National Park with a charming coastal walk (textile) leading to the Villas Rubin. It is a long walk (1½ hours) if you follow the coastline on foot, but there are hourly local buses which stop near both Villas Rubin and the Polari Autocamp next to it. If you walk from the bus stop down



On the left lies the bridge to Koversada Island, on the right our Yugotours guide and in the distance Koversada's bungalows.



Above a picture of Ulika's brand new shopping centre and below a peep through the trees at Monsena.



Next month we will be bringing you a special report on the holidays we organised in Yugoslavia. We stayed at a textile hotel near Porec — actually Plava Zelena. Here Phil Vallack ranges further afield and tells you what you can find in the way of nudist activities from Rovinj to past Porec. We will be organising another holiday in this district this coming summer — watch for the announcement in our next issue.



This picture was taken at Plava Laguna just a short bus ride from Zelena.

to the Villas Rubin textile beach (below the holiday apartments) and then NORTH a little way, you come to the FKK section of the Villas Rubin area, which is a delight. Well-made pathways, good toilets, shady trees and kiosks where you can buy a drink.

Using the same bus (5 dinar single) if you walk south through textile Polari Autocamp, you will find at the most southerly limit a fairly wild promontory which is called PUNTA EVA. This is for FKK camping but did not quite have the charm of the other naturist areas we went to. Tents are allowed right down to the beach-side and the site is more scrub than trees, so that the camping is not so hidden, or shaded, as it is in the more wooded locations. The beach is average, but we felt that the place was not yet fully established. Piles of garbage awaited removal. I saw no toilet block. It was less friendly than other places, and more of both sexes were still wearing costumes amongst the tents and on the beach.

A bus journey of about the same length, from the centre of Rovinj going north, brings you to the nude autocamp of MONSENA which we rate four-star on every count. Good pathways, toilets, beach slabs, cafés, sites for camping amongst the trees, and fine new apartments. Clean and a very happy atmosphere. An excellent holiday centre for families, couples or singles.

If you walk north from the bus stop near Monsena Reception, round the boundary (using the lane that turns off the main road to the left soon after the autocamp entrance) you come to

PUNTA CROCE. This is a 'côte sauvage' with no amenities but extending for some miles officially designated 'FKK.' Good bathing places and plenty of shaded parking spaces for the cars. Those naturists come here who prefer a day visit to this quiet, natural setting, rather than the busy centre alongside. It is rather hard to find, though, and little publicised. You can walk nude along the picturesque, but rough beach side track from the 'Monsena' boundary right round to within sight of the 'VAL-ALTA' centre. An energetic naked 'stroll' of about three miles, and you have to come back the same way, but quite unique with a fine view across Lim Fjord to distant Koversada.

We had hoped to walk round Punta Croce into 'Valalta' but, though we saw it from the south side of a creek, there was no way of getting across. If you have an INF passport you can visit 'Valalta' from Rovinj by using another, less frequent, local bus.

North of Lim Fjord we briefly went to Koversada and saw the new bridge that now connects the island to the mainland. One of the excellent long-distance coaches that picked up at Rovinj took us to Vrsar where the walk to the Koversada beaches was shorter than we had expected.

A little further north, along the same coach route, is the bus stop at Funtana. From here it was only a quarter of an hour's walk to the reception at the 'Naturist Kamp' of 'ISTRA.' Well supplied with ablution blocks at regular intervals, this large autocamp was another we rated highly. The beach is often backed by small cliffs, though, and there is no continuous path

at sea level. Only selected areas are concreted for sunbathing/swimming or supplied with a slipway for the many boats. Very clean.

Another more regular coach service goes to Porec, a little further north—where I explored another 'côte sauvage' just south of the Hotel Delphin. It is past the textile camping SW of Porec, called Plava Laguna, around Plava Zelena and on the peninsula dividing it from Funtana Bay. A very charming FKK area but spoilt, for me, by a great deal of litter above the beaches—both unsightly and, with discarded glass bottles, dangerous. When there is no entrance fee it is

surely up to the nudists to take away their own rubbish and not expect someone else to clear up their trash. It reminded me that the northern beach on Texel, in Holland, has also been reported as rather sordid now after visiting 'litter louts' have behaved like 'textiles.'

The other place that needed the coach from Rovinj to Porec (24 dinar single) was SOLARIS nude autocamp near Lanterna, further north. The local bus from Porec stops, for those that want 'Solaris,' a little before the Lanterna textile autocamp and a well-signed road leads south. It is only a short walk to the naturist centre where you pay 18 dinar each for a day visit. Just inside the reception is a well-stocked supermarket where we bought the best and least costly grapes of the whole fortnight. The toilet blocks were pleasant and the pathways and beach were good. The site has ample trees to 'hide' the tents and caravans and we thought it was a very clean and friendly place—4 star rating, along with 'Monsena' and 'Istra.'

We felt unable to visit the other nude camping north of Porec, at ULIKA near Cervar. Like 'Katoro' further north at Umag, and 'Valalta' near Rovinj, they are said to require INF passports at 'Ulika.' As it is necessary for FREE SUN publications to remain independent of organised Naturism in Britain we do not, at the moment, have INF passports. Because of language difficulties we avoided, at these places, having to explain why we do not



The pathway giving easy access to the shoreline at Solaris in Yugoslavia.

belong to our national organisation (CCBN). We feel strongly that there must be many tens of thousands who, for different reasons, would prefer direct International Membership, and we think that the INF is losing a large potential income by its present policy of international membership ONLY through existing national organisations.

No INF passports were needed for our visit to the centre in the south of Istria called KAZELA. Long distance coach to Pula and then, from nearby local bus station, the public transport to Medulin on the route that goes a little further SE than Medulin itself, turning round at Hotel Belvedere. An economical package holiday to Hotel Belvedere would be pleasant for naturists. Not only does the hotel beach adjoin the 'Kazela' site, but it has its own nude area next to the boundary. 'Kazela' has new apartments, good camping and a very impressive restaurant, and the usual shops and ablution blocks. There are not so many trees as further north, and you are more aware of the tents and caravans than when they are better hidden. We found the beach less shaded and not so comfortable for sunning.

At this location on the map we had expected to find 'MARLERA' Centre. We think the original 'KAZELA,' on a peninsula a little further west, must have been crowded out by the growth of textile camping—and closed down. For some reason they seem to have given the old



Young visitor enjoys Zelena Free Beach during the H. & E. holiday visit last June.

'Marlera' (page 129 of FREE SUN (EUROPE'S BEACHES) No. 14) the name of 'Kazela' now. The man who took our entrance money (15 dinar each) told us that 'marlera' no longer exists—and 'Kazela' is clearly on the gate now, and on the leaflet about what WAS without any doubt, the old 'Marlera' described in earlier Yugo pamphlets.

That, however, was the only bit of confusion we met. We thought the 'wild coast' nude areas south of Hotel Delphin (Plava Zelena) and north of

'Monsena' (Punta Croce) could have been better signposted and described with access details in the Tourist Bureaux leaflets. A newcomer on foot, or in a car, might well not discover that they exist.

I hope that someone reading this will be helped to enjoy them. I hope, too, that H. & E. readers will be encouraged to explore by foot, boat, and on the local road transport, the many other places for nude leisure to be found in Yugoslavia. If you do so, share your discoveries with the rest

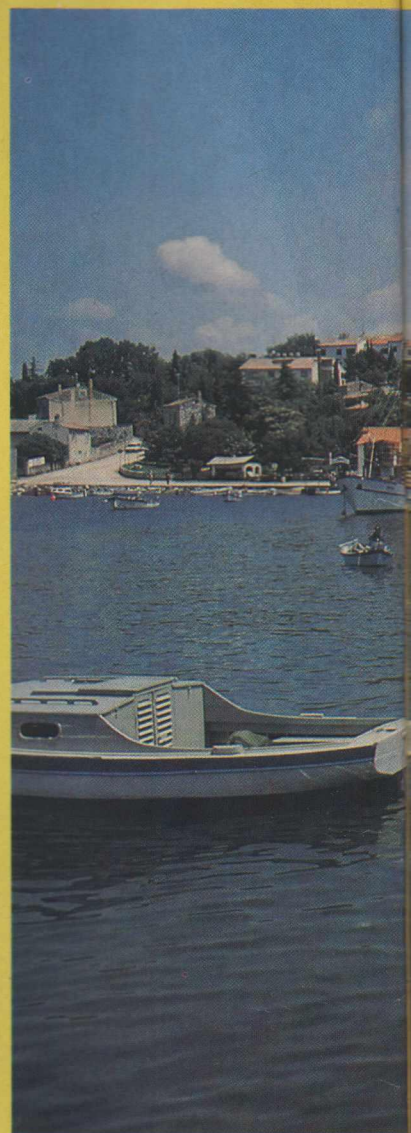
of us.

No other European countries have such a varied coastline as Yugoslavia, nor so many naturist beaches. It's truly the country of Free Sun for all.

As well as that, the atmosphere of the country is so liberal, and tourists are made so welcome, you receive every encouragement and help to use the beaches.

In Yugoslavia nude bathing has become the everyday, natural thing it ought to be.





The nudist resort of Koversada is little more than 15 years old. Yet today it is one of the biggest and best in all the world. It attracts visitors from as far away as Australia and South America. A quarter of a million people spend up to five months lazing there in the sun. How would you like to join them? Would you enjoy it? Lance Ridgeway is your guide.

VILLA ANITA-



KOVERSADA, for many, represents the top in naturist holiday resorts. It is not the biggest in the world, but its devotees claim it is the best. There is only one bigger and that is Agde. Nevertheless, Koversada is huge by any standards. Just to walk the full length of the place will take you an hour or so. If you stop to admire the beauties on the way you can make a day of it.

In the height of the season, Koversada will be entertaining as many as 12,000 visitors a day, and the management says that in a season some quarter of a million people will have passed through its gates.

The resort is situated in the Istrian port of Yugoslavia, that is the north-west corner. It lies at the mouth of the Limski Kanal and is named after the Island there. The nearest airport is at



HOW YOU'VE GROWN

Pula. The bus ride from the airport to the resort takes about an hour. If you travel by car, and it must be said most of the visitors do, you should locate Trieste then pick up the E27 road running south. You branch off to the right towards Vrsar which is the nearest town to the camp. There is now no need to pass through this town. A new road made specially for the camp bypasses the old town and takes you direct to the main entry point.

Formalities are few. Anyone can visit the resort. Most visitors decide to camp or use their caravans, but hotel and chalet accommodation is available. Inside the camp you will find all you need from supermarkets through restaurants to a simple game of mini golf. Sports enthusiasts are well catered for—you can enjoy water-skiing, tennis, table tennis, and so on. If you want to travel around there are opportunities to visit places of interest as far away as Venice.

You can read any of that in a travel agencies' hand out. But what is the place really like? To fully understand you must know

a little of how the place developed. In the beginning there was only the Island. Opposite lay an old hotel by the name of Villa Anita. You could hire a room there if you were lucky or use their limited camping grounds. Naturists then made the journey by boat across a few hundred yards of sea to the island of Koversada. This was the only place they could sunbathe naked. In the evening they returned to their mainland residence. And that was that.

But inevitably naturism began to creep in on the mainland. Not at the old Villa Anita, but about a mile along the coast. At first it was just a muddy rectangle of land right beside the water. There were few trees, few facilities and few visitors.

But as time went on everything improved. The place took the name of 'Anita,' probably to distinguish it from the Island opposite and no doubt in memory of the original hotel, the Villa Anita. Many are still confused by all these names, but that should serve to clarify the position. The camping area

'...few care to camp on the delightful island ...'

spread along the shoreline until it reached its present huge size.

Eventually the authorities built a simple wooden bridge connecting the mainland with the island of Koversada and the development was complete.

Traffic-free island

Today you can camp on the mainland or on the island, as you please. It is a sad commentary on modern civilisation that few care to camp on the delightful island. They would rather be crammed together on the mainland. Astonishing when you think how beautiful and peaceful the island is. There is an answer. You can't get a car across the bridge to the island. And people can't bear to be parted from their car. Even on holiday. And even if they call themselves naturists!

The main attraction of the resort is the long coastline right beside the warm Mediterranean sea. There is no sand whatever. All you have are sharp white rocks. But the going has been made easier by concrete. Everywhere flat areas for sunbathing have been achieved by pouring concrete over the sharp rocks. All you do is walk along the simple road which lies behind the shoreline in most places and select a vacant place. Then you move through the trees and immediately on to the rocky shore. Bathe when and where you please. But be careful to have a pair of shoes with you that you can take into the water. Sharp rocks abound.

And even where the rocks have been replaced by smooth concrete you will need something to lie on. The hardy just spread a towel. But an air mattress is more comfortable. You can buy

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locally for about £4 a fabric covered foam rubber affair that is very useful. It folds up and pops into a plastic carrier bag. Ideal for packing around your camera for the journey home!

As well as these seemingly unlimited perches on the rocks, the resort has developed a large sandy open space. It resembled an all-purpose gathering place and that was how it worked. If you didn't care for the rock perch life you gathered here to play bowls or just sit and watch other people.

There is always plenty to watch. From children pretending their air mattress is a sailing vessel, to foolish adults pretending their wind surfer is fun. You may be content to spend your entire holiday just lazing in the sun. Most of the visitors do just this. But if you want to get around, there is plenty to see.

And the cost?

You can hire a car, but this tends to be a little more expensive than in northern Europe. Or you can hire a taxi which is even more expensive, if you take the ordinary kind. But in Yugoslavia they have a wonderful idea—the mini bus taxi. It will take eight passengers and you share the cost between you.

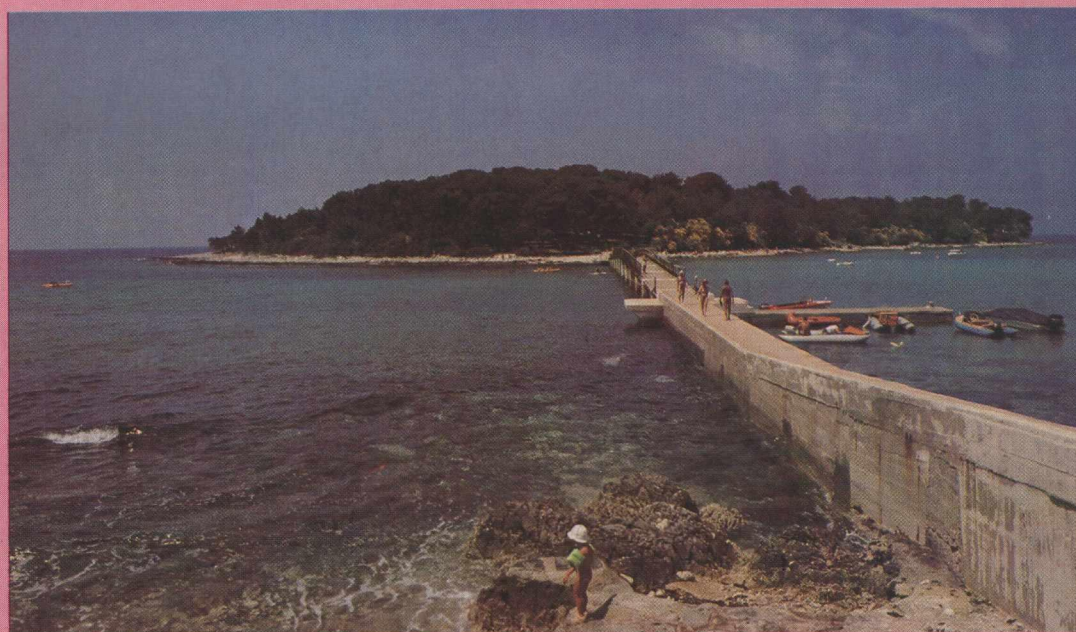
With a mini bus taxi you can visit other interesting nudist resorts not too far distant. They all lie north of Koversada. Among them you will find the free beaches at Laguna Zelena and Funtana and the naturist resorts of Solaris and Ulika. All of these we will cover in future issues of H.&E.

As well as a full sixteen-page guide to all the Yugoslavian naturist facilities in our latest Quarterly — due out at the end of December — we have a detailed report on Health and Efficiency's special holiday due to appear in our January issue. And if we seem to plug Yugoslavian holidays a great deal, that's because the country has such an ideal coastline and climate — physical and intellectual — for our enjoyment of the naturist life.

What does it cost? The variations are almost endless. It depends on whether you stay in a bungalow, hotel, tent or caravan. And whether you provide for yourself or wish to have your meals provided, full or half board. All this is too much to publish here, but if you are interested in the holiday of a lifetime then why not write and get the full information for yourself. The address is Hotelsko Turisticko Poduzeće—'ANITA,' YU-53266, Vrsar, Yugoslavia.



Here we are on the mainland, looking along the coastline towards the accommodation known as Petalon.



Now, if we take a few paces back and turn to look out to sea, the famous Koversada Island lies in front of us complete with its bridge.



Having crossed the bridge, we can now look back to the mainland and see in the far distance the accommodation blocks once more.

BEAUTY- SKIN DEEP?

Looking at one of these beauty contests you might think it is all good, innocent fun. But is it? Here, Joan, a veteran of many a contest, gives you a glimpse into what goes on, if not behind the scenes, at least in front of them. In spite of this Joan concludes they are a good thing and predicts that one day all beauty contests will be conducted in the nude.







JOAN is slim, brown and pretty. You see her in these pictures. Which one, you ask? I can't tell you. Joan picked up a prize, but she wants to remain incognito. Or at least she wants her views to so remain. Perhaps you will agree when you hear what she has to say about beauty contests in general and this one in particular.

'A lot of ugly women like to pretend that beauty contests exploit women,' said Joan, 'they would like to get rid of them because the one thing that threatens an ugly woman is a beautiful one.'

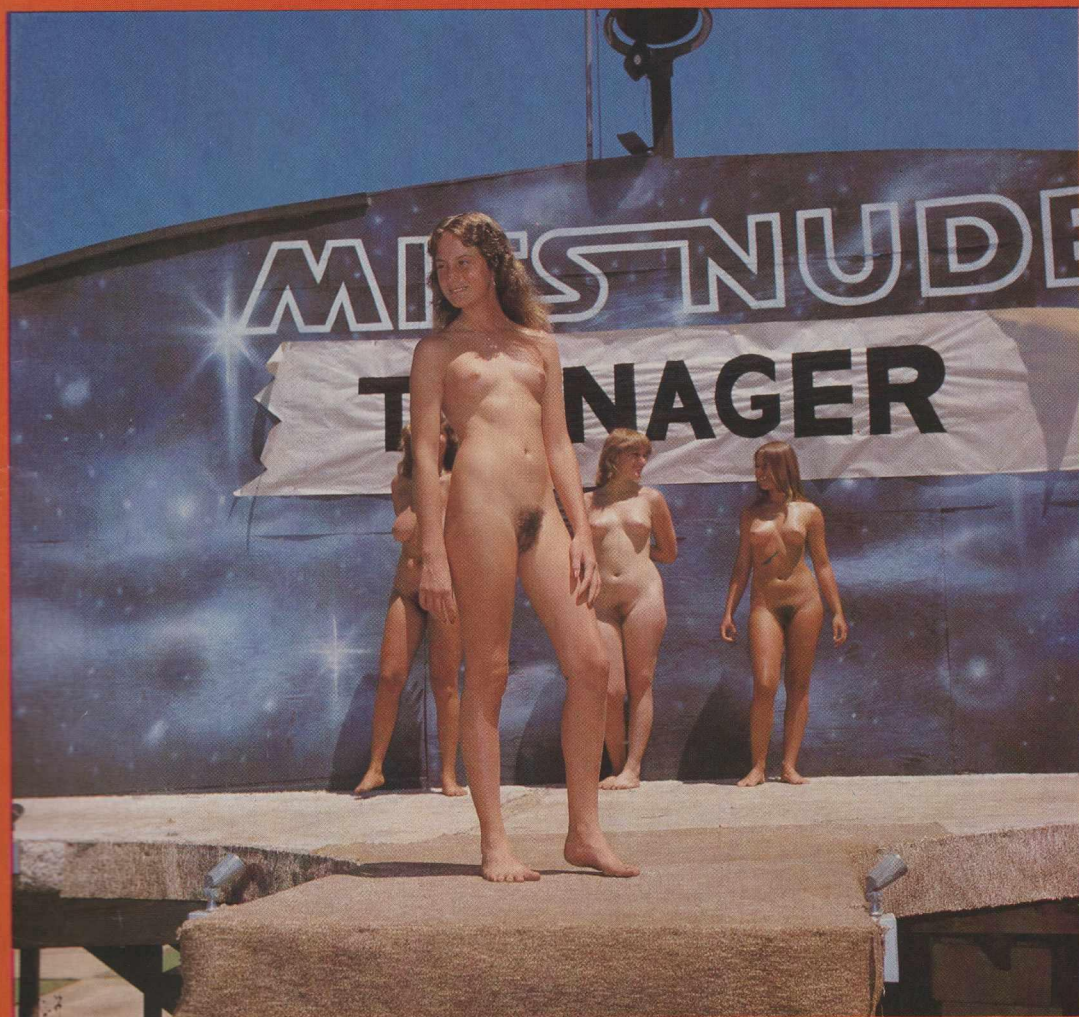
'I remember one contest—not a nudist one—where all the libbers were lined up in front of the stage. That took some doing, they had to elbow the men out. But they were quite capable of that too. It's amazing what a bunch of uglies can do when fellows are around. Suddenly they are not around any more.' Joan paused, relishing the quip, then continued. 'At the prize giving these women produced bags of flour and bottles of ink and pelted both judges and contestants.'

We asked Joan if that applied to nudist beauty contests as well. 'Hardly,' said Joan, 'libbers

don't become nudists. They are convinced it's just a machiavellian plot men invented to peek at them nude. Nevertheless, we have our old fogies—mostly elderly men. They think there is something dreadfully naughty about beauty contests anywhere. Nude ones they consider only a preliminary to an orgy. They would ban nudist beauty contests outright.'

What is it like taking part? 'It's tough,' said Joan. 'Tough as hell. The girls, you see, are up to every trick. They look like innocent kids, don't they—well, that's just part of the act. You know, for the contest, we get girls who haven't been to the club all summer. You can tell those—they get sunburnt where the bikini marks show. And if a girl thinks her breasts are not as firm as they might be, then watch her lift her arms above her head to give them some help.'

We said 'tut, tut' as sympathetically as we knew and asked 'anything else?' 'Plenty,' said Joan. 'The dirtiest trick is to distract attention from the girl who is doing her bit up front. While she is there the girls in the background start chatting to one another, laughing and giggling. It's disgraceful. Or one will start



wriggling around to attract attention to herself. Upstaging, I think they call it.

'But the dirtiest trick of all is eyeing up the judges. They are always men, aren't they? I think at least half should be women. I'm not saying there is anything behind the scenes—no casting couches—but some girls make like they might consider it.'

'Even in a nudist club?' we asked.

'Especially in a nudist club,' said Joan firmly. 'I tell you some girls seem to get more brazen the more they take off.'

'Are you against nude beauty contests then?'

'Of course not,' said Joan. 'If I had my way, every beauty contest would require the girls to be nude at least part of the time. How can you call it a beauty contest if throughout everyone is dressed? Mark my words,' said Joan as she prepared to leave, 'one day all beauty contests will be in the nude.'







AGDE:

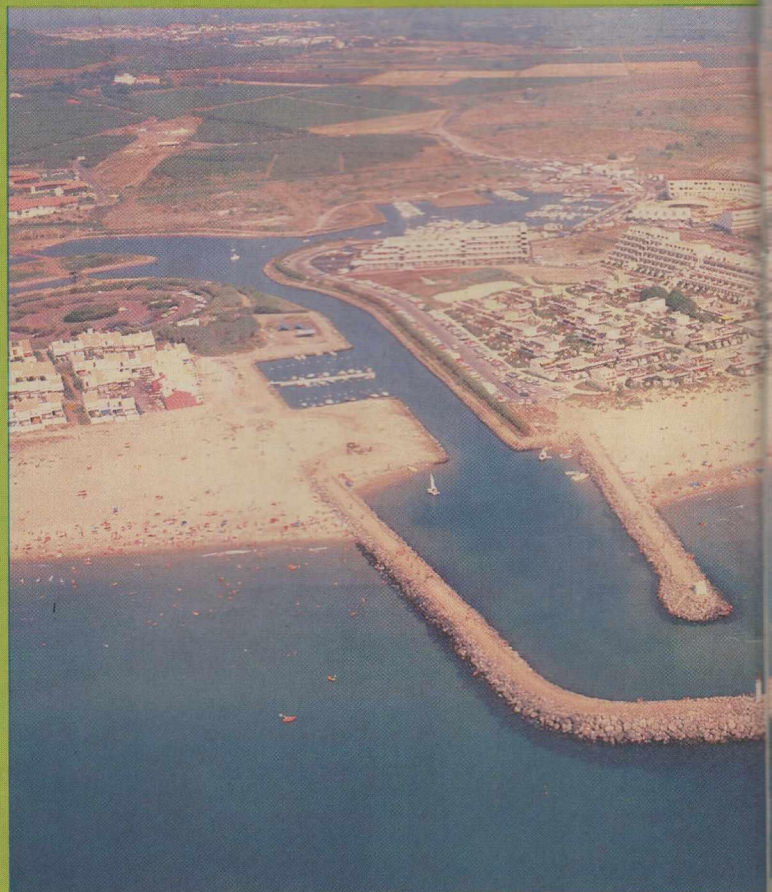
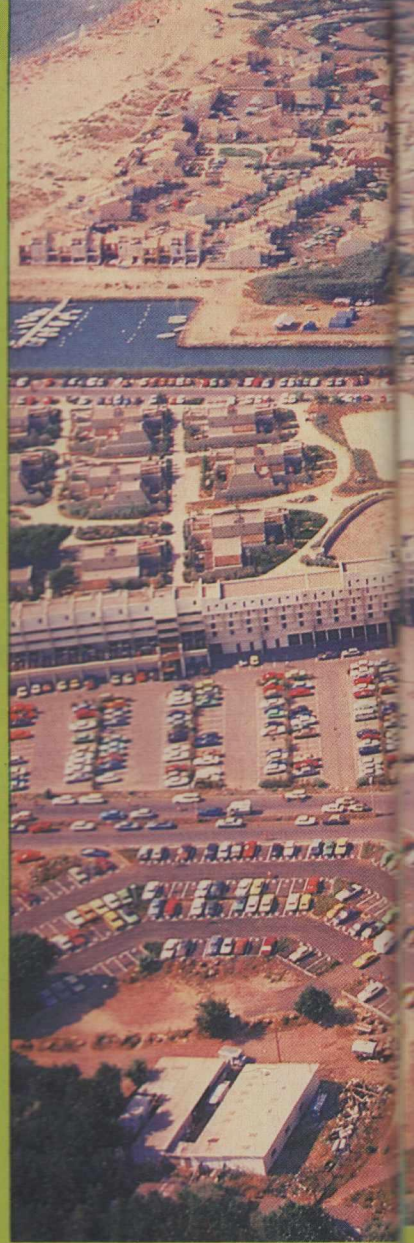
THE HIDDEN HISTORY

Regular readers will be familiar with Jane Barry's globe trotting adventures. This time she has been back to Agde and here presents her story. Many of the facts in this article have never been revealed before and because of this we are sure it will arouse your interest. Jane explains that the long years of building may soon be over and at last we may be allowed to enjoy peace and quiet at Agde.

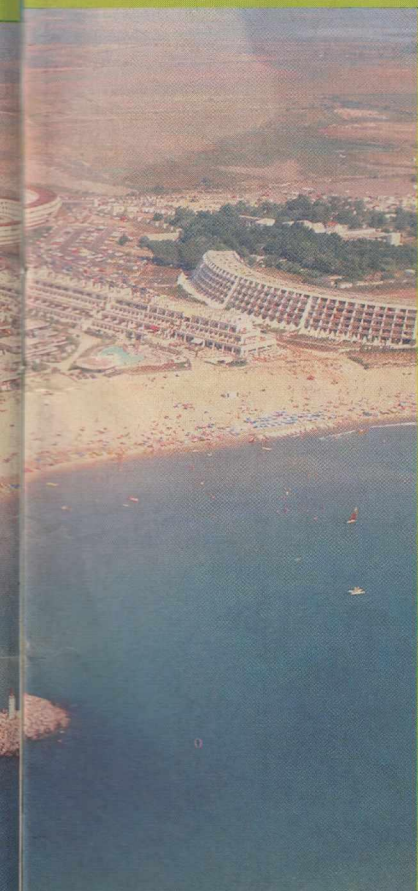


IN the last year I had the opportunity of visiting Cap D'Agde on no less than four occasions, each visit proving more informative than the previous and consolidating my affection for the resort.

Cap D'Agde, as a naturist resort is unquestionably a phenomena—unique in almost every aspect of its development and growth which today ensures its place as the world's only 'nude city' and certainly the world's leading naturist resort. Critics it may well have in numbers, supporters and adherents it certainly has in their thousands as wit-

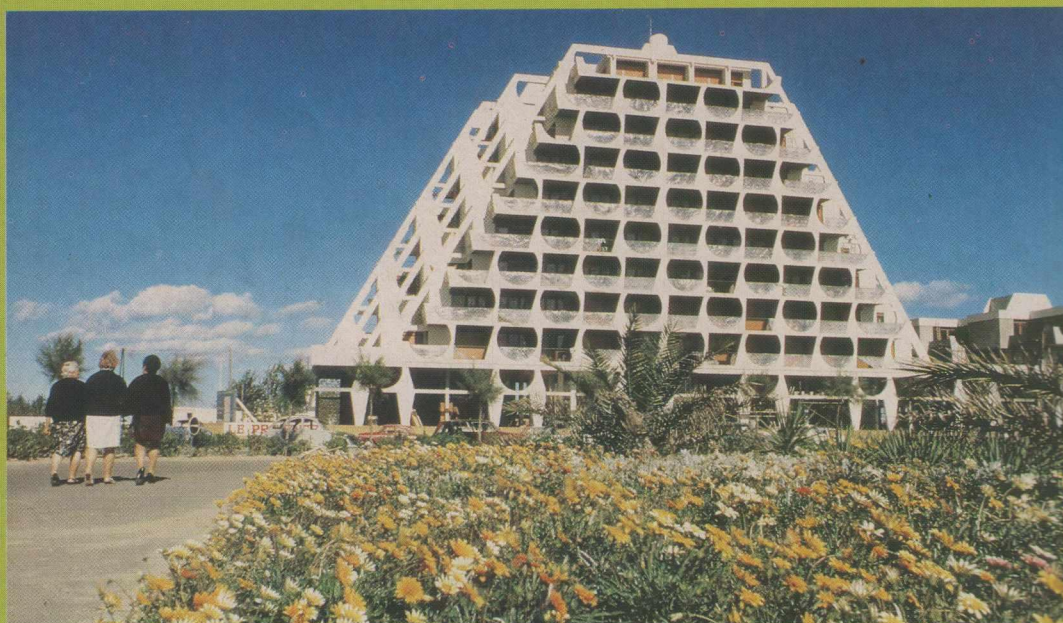


Our beautiful authoress always seems to be shopping!





Holiday villas at Agde.



Within day visit distance is the textile resort of La Grande Motte, an extravagant display of 'modern' architecture.



Back at Agde and a glimpse of the naturist boat harbour. In the background more apartments where once there was only marshland.

nessed by the packed beaches.

Although much has been written concerning Cap D'Agde, most of which has been published has been superficial and often incorrect. The true, complete story of Cap D'Agde has yet to be told.

Today Cap D'Agde is a sprawling concrete city catering for every conceivable leisure interest and activity. Its wealth of leisure facilities appeals to naturists and sun lovers alike as more of the French populace of the nearby hinterland discover its charms.

On a recent Sunday last year, at the time of my third visit, there were, I was told by the proud Mayor, 60,000 sun worshippers on the 4 kilometre long beach—bikini bottoms vying for places on the sand with beautiful tanned bare bums galore. The sea was equally crowded—dotted with small craft of every description.

In my total of four visits to Cap D'Agde I have come to love the teeming development which has acquired a unique atmosphere and ambience. This was brought home to me forcefully during a recent visit when I was welcomed by friendly greetings from familiar faces—cheery 'Bonjour Madame's' in the shops confirmed the neighbourhood aura which has developed.

By far the most successful of the new leisure resorts developed along the Languedoc Roussillon coast of France since the mid-1960s, Cap D'Agde has achieved world-wide renown as a leisure resort and it is naturism which has been the undoubted cause of this success.

Naturists on the town council

Cap D'Agde has achieved many firsts, notable amongst them being the first nude leisure centre in the world to be directly developed by a government agency, the first naturist town to be featured on world-wide television and the first naturist leisure centre to return its own Councillor to a municipal body. Madame Suzanne Serna, Director of Sales for S.O.P.R.A., the developers of Port Nature—sits on the town Council of the Municipality of Agde where she is the representative Councillor for the naturist area.

How did it all come to pass? Human memory fails with the passage of time, but during my visits to Cap d'Agde I have had the fortune to meet and talk with some of the pioneers and happily the well-known Oltra family who were in at the beginning of the story are still very much involved today. It was a very real pleasure to have the opportunity to meet



Typical beach scene at Agde.

and talk with this family.

Less than 30 years ago what is now the site of Cap D'Agde was poor agricultural country bordering the extensive sandy beaches of the Gulf of Lyons adjacent to the fishing town of Agde which had a history going back to Greek times when it was known as Agathé Tyché—or 'the safe harbour.' Infested by mosquitoes, poor in communications and supporting only the poorest of low grade vines, the area was known only by the indigenous peasant population and was shunned by the many tourists who flocked to the beaches of Cannes and Nice some 100 plus miles to the East.

Amongst the established wine growing families of the area were the Oltra family who grew vines on an extensive area of land between what is now Marseillan Plage and the historic city of Agde.

Girls who started Agde

The story goes that on a summer evening in 1955 two of the Oltra brothers, Paul and René, were walking along the rear of the beach examining their vines when they surprised a small group of girls—they turned out to be German—sunbathing and frolicking in the nude. René and Paul started to admonish them for camping, as they were on private land, but being young and gallic good looking themselves, they were soon chatting



And this is how it used to be, before the concrete, before the fame and before the tourist crowds.

them up. The girls explained that they had camped at the spot previously and found it ideal for naturist sunbathing. The Oltras were fascinated and listened intently to what the girls, members of the FKK, had to say.

Questioning led to the assurance by the girls that if there were a proper camp site at the location, then many of their friends from Germany would be sure to come. Impressed, and interested, the Oltras listened and eventually promised the girls that the following year there would be a proper cleared site with facilities—in turn the girls promised to bring and send all of their friends.

Thus was born among the vines what was destined to become Centre Helio Marin-Oltra Freres, one of the world's



It is still possible to get away from it all if you walk far enough or avoid the high season.



Building blocks like this has meant years of noise and dust for the residents.



first and best known naturist leisure resorts, and the cradle of naturism as we know it today.

The promises were kept on both sides. The following year CHM (Centre Helio Marin) consisted of a few square hectares at the rear of the beach with rudimentary facilities. True to their promise, the German girls returned and this time they brought friends and sent friends. Publicity in the naturist magazines of the day, including *Health and Efficiency* and the French *La Vie au Soleil*, produced others and the trail to Agde became the recognised pilgrimage for sun-seeking nature lovers from all over Europe.

The impact on the surrounding district was far reaching. Soon money in the form of tourists from all over Europe was pouring in to the area and was being spent in the shops, restaurants, hotels, etc. The natives were horrified and found it difficult to accept the naturist newcomers. René Oltra told me that in the early days of CHM the townsfolk were so horrified by naturism that even the postman refused to deliver mail to CHM.

In 1963 the French Government decided to develop the forgotten coast of the Languedoc-Roussillon area. Several hundred miles of clean, sandy beaches extended westwards from Marseilles to the Spanish border. Previously thousands of tourists had passed through the region annually en route to Spain. But because of the dearth of facilities few had stopped to savour this part of France.

Six sites were chosen to be developed as new tourists towns. These were intended to be La Grande Motte, Carnon Plage, Port Camargue, Le Cap D'Agde,



Near one end of the naturist beach at Agde a young visitor poses



And here (once again) is Jane Barry, this time beside the Agde bungalows.

Port Bacares/Port Leucate, Gruissan and St. Cyprien. In the event, Carnon soon became part of La Grande Motte and Gruissan has only developed slowly. By far the most successful of the developments have proved to be Cap D'Agde and La Grande Motte.

For Cap D'Agde, a vast complex was planned which was to include a large yachting marina for 2,000 craft, hotels, numerous apartment blocks, estates of summer homes, residential areas and leisure facilities including a tennis village. The naturist areas occupied by C.H.M. were to be compulsorily acquired for redevelopment and the naturist facilities extinguished. Construction proceeded with haste and by 1970 Cap D'Agde was beginning to look as it does today.

Naturists the world over were appalled at the intended loss of Agde and the various national naturist bodies together with the French Naturist Federation made the strongest possible representations to S.E.B.L.I., the development corporation. Eventually commonsense prevailed. Changes were however insisted upon. The long established camping at CHM was to be contained, resited and eventually

phased out, to be replaced by modern holiday apartments and shopping. The first of these, Port Ambonne, was soon under way. Port Nature and Heliopolis were to follow. Modernisation and resiting of the Oltra Camping to a new location north of Heliopolis followed.

A unique aspect of the naturist scene at Cap D'Agde is the relationship between naturism and the everyday life of the town. There is complete integration. The naturist is regarded by the local population as nothing unusual. Local doctors visit patients in the naturist area, local tradesmen call to repair TVs. Plumbers, electricians, painters, locksmiths all go about their business without giving the surrounding nudes a second thought.

Other aspects of life at Agde have changed too. Several years ago when Oltra Freres were responsible for the beach there was strict control at the access points and INF cards demanded. Single men were discouraged and the beach was patrolled by a corps of Oltra policemen. When the beach was 100 per cent old style naturist, there seemed to be plenty of work or surveillance for the beach police to do—today

under S.E.B.L.I. the beach is a public free naturist beach. There is no control on admittance—the beach is open to all and sundry—there is not a policeman to be seen and behaviour is impeccable.

S.E.B.L.I. is pushing forward ambitious plans for future development. These include the construction in October 1980 of Port Soleil, a new block of 450 apartments on the north side of the harbour adjacent to the current entrance. Near this block, SOPRA, the original developers of Port Nature, are planning an estate of small villas.

The final phase, Tranche V of Port Nature, will be completed early in 1981. It will include 40 apartments, a new commercial centre and indoor sports facilities. A new swimming pool in the garden area adjacent is almost completed.

Heliopolis has further apartments under construction.

The concrete bungalows at the CHM Oltra Camp were for long notorious—these will be swept away next year, together with the remainder of the Brasserie Restaurant, Water Tower and swimming pool to make way for Helio Village—a development of small individual single and two storey villas between Port

Ambonne and Heliopolis.

The camping area still operated by Oltra Freres is to be moved northwards to a new site much nearer to Marseillan Plage. In its place will be built a large naturist 'Village de Vacances.' This starts in 1982.

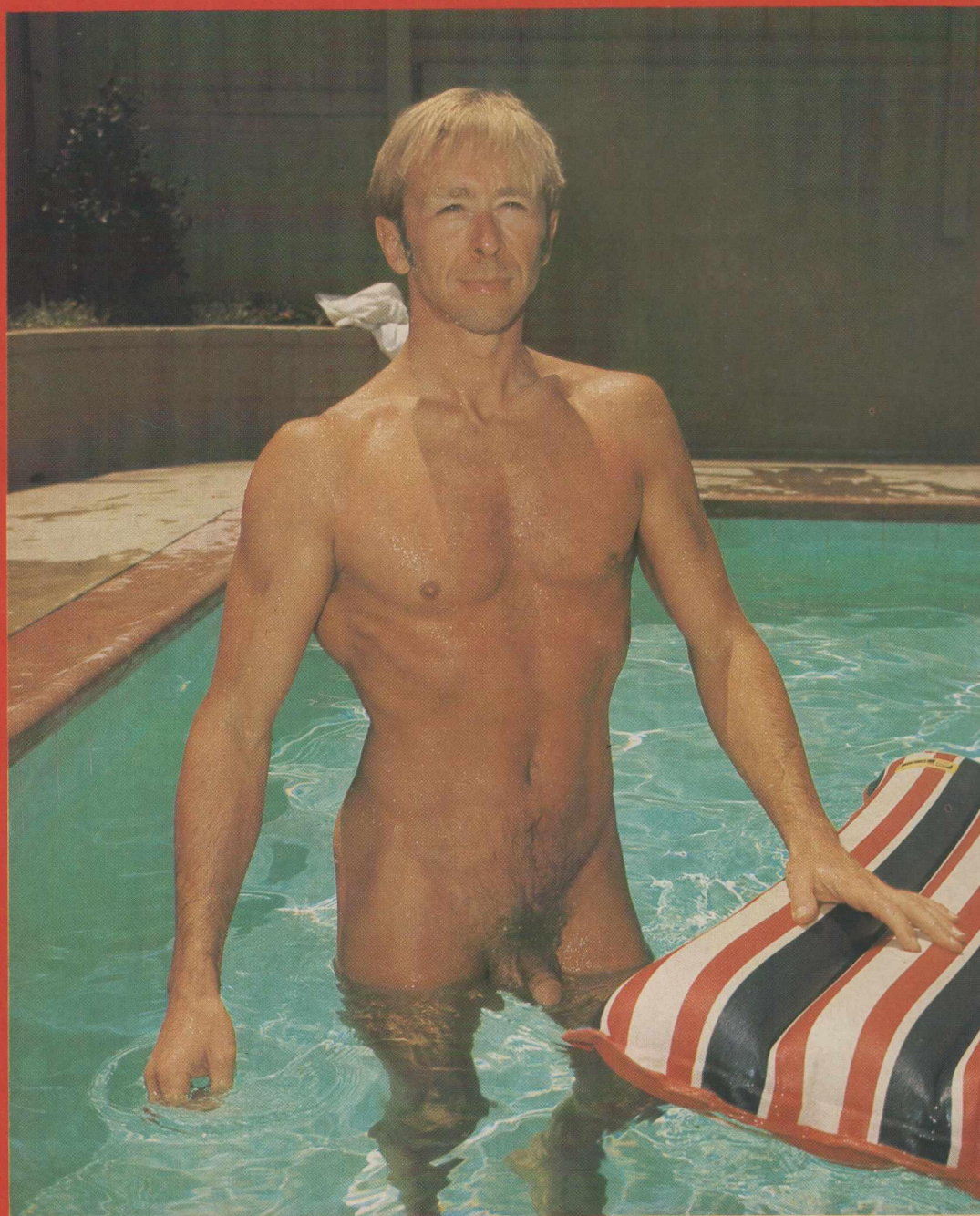
Thus by mid-decade, Cap D'Agde—the Queen of naturist resorts—will look even still more different than today—a true nudist town will have arisen from the metaphoric ashes of the vines from which those pioneer German girls were having their swim in those long ago days of the almost forgotten early 1950's, when René and Paul Oltra took their evening stroll.





YOU ARE YOUR BODY

Possibly the most serious difficulty the would be nudist has to face is the fear that their bodies are 'not normal.' But what is normal? We are all different. Standards of perfection change with the ages. Many alive today remember when women cherished the smallest breasts, even going to the extreme of amputating breasts we would call normal today. As usual, our Susan Mayfield has some reassuring words for all who have ever doubted.



'YOU are your body' sounds an obvious statement. But people are not bodies and minds disconnected from each other. A person is a complete organism. When part of you is ill, your whole system is out of gear. Similarly, if you think a part of yourself is not quite how it should be, you're inclined to dislike your whole self.

Women, in particular, suffer from this. Womens' magazines often give long check-lists, so that a woman can go over her whole body, making sure each



part is the 'proper' shape. Legs too fat? Pick up a pencil with your toes. Bust too small? Take swimming lessons—and so on.

If the worthy advice was followed vigorously, then all women would look the same!

I received the following letter from Germany; 'I come from a strict and religious home where naturism was looked upon as immoral and sinful. Last year I met my boyfriend who is 12 years older than I am—I am 17. He is a naturist and believes in the natural way of life. We love each

other very much and are planning an FKK holiday. I am eager to go with him, as I think nudity in the right place absolutely natural. But I have not experienced social nudity and here comes my problem—my private parts are not normal. My inner labia are very large and prominent. When changing for games at school, the other girls used to make fun of me. Then I learnt that this phenomenon is due to excessive masturbation—I became quite depressed. I have talked to my boyfriend about this

problem. He told me my genitals are beautiful, but some depression still stayed. In *Sonnenfans* they write about male problems, but not female ones. When I read that men want to see depilated women I know they want to see as much as possible of the female genitals. Small wonder my fears and feelings of shame come back when I think of our naturist holiday to come! Please don't tell me that I could wear bikini pants—I would feel even more ashamed.'

Of what? Masturbating some-

time in your life? Please believe me—everybody does it, it is not wicked and does not harm you in any way.

Nor does it affect the shape of your genitals. They are decided by heredity, that's all. All women have inner and outer labia of different sizes; for some ladies the inner labia do not peep out at all, for other ladies they do. All are completely normal.

You are very young, and I think you merely lack confidence. Be proud of yourself and the way you are! Keep talking to

'I don't have a problem!'

your gentle, mature boyfriend, take your courage in both hands and go on that holiday. You'll enjoy it and I promise you—no one will think you 'abnormal'—because you're not.

Now, one of the males the young lady mentioned.

'I was interested to read the advice you gave in H. and E. Vol. 81, No. 6, to the young man who was concerned about only having one testicle. I too, used to be in this condition. But the remedy is not always, as you suggested, simple. I was thirty before I went to my doctor and my missing testicle was too small and undeveloped to 'bring down.' I had heard it was possible to have an artificial testicle, but the consultant I saw was opposed to 'falsies.' He considered it vanity; if the patient did not agree, he should see a psychiatrist! But two years ago a newspaper report raised my hopes and my doctor put me in touch with a consultant who was sympathetic. Four days in hospital and the job was done. It took a while for the scars to heal and the hair to grow, but a month later I looked the same as everybody else. My artificial implant looks and feels like the

real thing and is comfortable to wear. What a difference it made to me personally! I was able to holiday with friends in a villa and wear the tightest jeans and briefest swimming trunks without a thought. And this year I joined a sun-club. You can have the operation done on the National Health but I had it done privately. It cost £500—hardly more than the cost of a holiday in the sun. Life is all the more enjoyable if you can go naked, free from worries about a small but psychologically important defect.'

I was fascinated by your letter and pleased to hear of your successful operation.

While naturism preaches over-all acceptance of the body, if you feel abnormal in any way it can be upsetting and I don't blame you in the least for taking such positive steps to solve your problem.

But—please forgive my levity—I'm intrigued by your reference to tight jeans. Was your defect really so obvious? No wonder the operation made such a big difference to your life!

Another worried male:

'There are two things bother-



Montalivet in the summer always makes me happy.



Are these girls really as troubled as they look?

ing me at the moment. Firstly, all the photos in H. and E. show healthy, tanned bodies. Unfortunately I fall into the whiter than a ghost category, are there others like me? Secondly, I have read that women size up male nudists. As a woman, perhaps you could tell me, do women compare penises? Do they get their heads together and discuss these things when nudists gather?'

No. I hear men saying things like 'Cor. He's got a big one!' but the women? Never! Nor do they discuss the subject among themselves. I've no doubt I'll have a stream of letters now from male correspondents, 'proving' that women compare penises. But honestly, I've never heard them doing it. They are more likely to notice a nice smile, kind eyes—and a generous nature!

Your first question; you can't be a nudist because you haven't got a tan, and you can't get a tan because you're not a nudist! Stop worrying, we all have to start sometime. Get down to your nearest beach and join in the fun.

I wrote to a rather saucy male correspondent recently, telling him that his love-life was very interesting, but please, what was

his problem? His reply came this week:

'I don't have a problem! I just thought your column was about all sorts of topics. I so much enjoy writing to you and reading your replies gives me a terrific turn-on! I don't see anything wrong in enjoying sexual sensations of one's own body, either by oneself or with friends. My two girlfriends and I love to be together and to play adult games together! We are going to the nudist beach just south of Bridlington soon. It's good that people are starting to enjoy the pleasure of going without clothes and are stopping thinking of nudists as a queer lot. We hope to meet other young people who think like us and hope they will join us in our activities!'

The idea of beaches is that you enjoy the sun, not go looking for sexual adventure. And the idea of my letters to you is that you read them *seriously*, not get turned on by them!

Dammit, you've not getting into the spirit of naturism as you should!

I hope readers will forgive me if I indulge myself with a fan-letter. From South Germany.

'I am moved to tell you something rather grave; to me you are one of the very best contributors to naturist magazines that I have ever read. I have for half a century followed naturism and its literature. Dabbling in French and English, as well as my native Bavarian, I did come by a few relevant articles during that time. Your lines of reasoning are well in pace with, if not ahead of, social developments. So I IMPLORE YOU — keep writing your inimitable pieces as long as you can find a publisher. People will always need such timeless human thoughts and words as yours!'

And thanks to you

I too was moved by this glowing and sincere letter. Thank you so much.

Of course, I shall continue writing for as long as I am able. You see, all my friends know me as talkative. When I launch into my theories they change the subject quickly, trying to keep me under control! So I write it all down and by some miracle that seems the height of kindness to me, Health and Efficiency are prepared to give me my platform, to lend me a soapbox, so to speak.

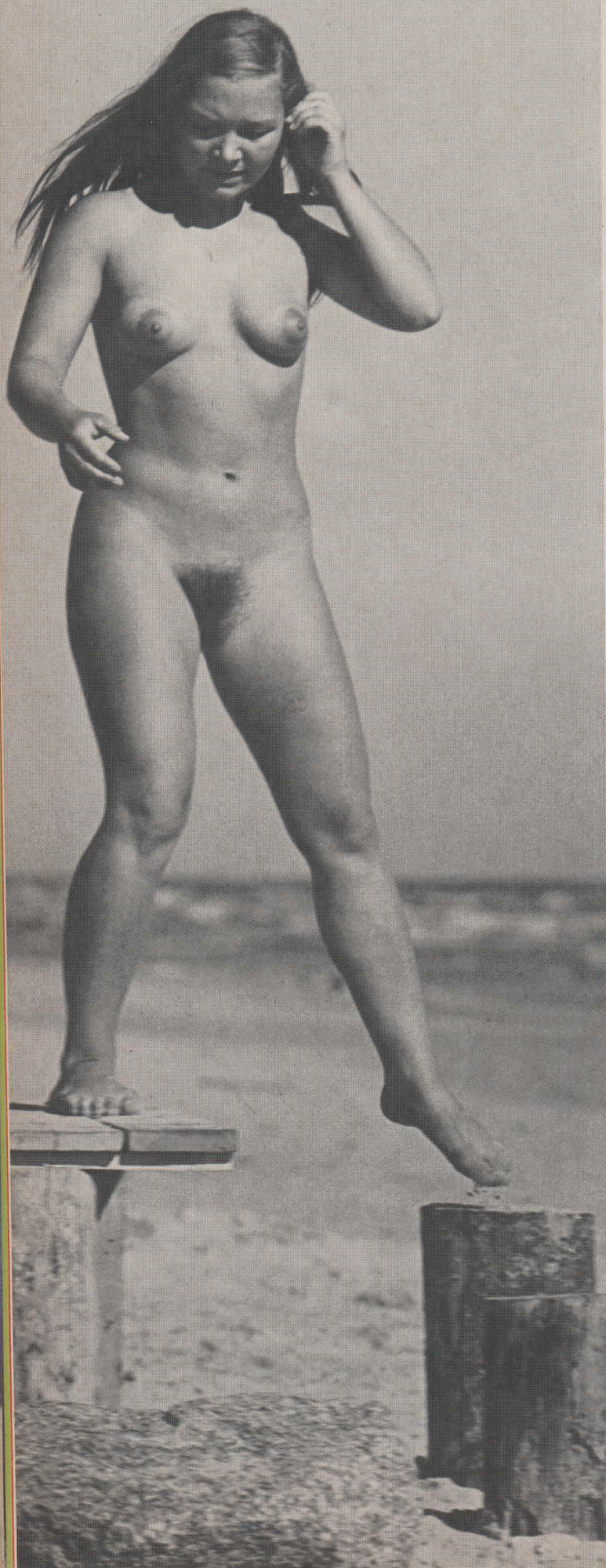
I hope I shall never cease to appreciate my chance to communicate with so many people.

Thank you all!



What do you think our baby will grow up to be?

LETTER FROM HOLLAND



ROBBERT Broekstra is my name, 37 years old, and have been working for the Dutch Government since 1969. I want to give you an inside view of Dutch Naturism.

Between my fourteenth and thirtieth year I lived in Canada in the province of Ontario, first in the city of Hamilton, and later I moved to Toronto where I lived till 1968.

In 1966 I became a naturist. The year before I met a girl from Finland who was visiting Canada and that's the one I got married to. We settled in Holland and are members of Athena which is situated in Brabant about 25 kilometres from Antwerpen in Belgium, the camp itself is almost right on the border of Holland and Belgium.

We have a camp nearer to where we live but they change the rules and regulations so often that you almost have to experience it to believe it.

We have travelled to camps in France, Germany, Sweden, Yugoslavia—never any trouble, but as some camps are getting overcrowded, excuses and high fees are demanded even if one has an INF card and a membership card of one's own camp.

As an example, and this may be typically Dutch, discrimination takes place when a camp does not allow a single person to join if he wishes. I won't go into full details but it happens that single naturists from other countries or clubs within the Netherlands are not permitted on account of the fact, that no one wants to stand in for the guarantee of good behaviour, even if he has his INF and other membership cards. You might think, how is it possible that such things occur in 1980.

We have a camp nearby and my wife, Mona, sometimes goes there on the bike, it's about 30 minutes from our home, but one day recently she was thrown out by someone of the committee, the given reason was that so many members of other clubs came there and they parked in the spots of their own members and so it happened that some members got tickets from the police for parking where they shouldn't. The real reason was that we paid less money at our own club, and they could not stand it any longer to get guests on their grounds who paid less elsewhere. As my wife does not drive a car she has to wait for the weekends when we drive to our own club, but meanwhile she is excluded with her membership card and INF card to visit this nearby camp. Oh yes, she may become a member after paying the exorbitant amount of 300 guilders.

During the month of July we visited a camp not far from Apeldoorn in the centre of Holland, a beautiful spot in the woods it had a large swimming pool and very few people were there. We wondered about that, until we heard that this camp will only exist till October 1978 according to the court of Justice. Some people had misbehaved themselves. The contract expires in 1980, but the court has decided otherwise. No wonder there were so few people. The club split up into 3 sections all having their own little plot of land. Such things are bad publicity for the outside world. I am always ashamed when these things happen, and especially when someone who is not a member tells me about it. Of course the newspaper always picks up these things gladly. I know Dutch



Author of this piece, Robbert Broekstra, takes it easy.

PERSONAL VIEW

Robbert Broekstra is a frank and fearless naturist. Here he sets down some of his thoughts about naturism in his own country. His problems are not so different from those of other naturists anywhere in the world. And just because of that his words, which we have left unedited, have a special appeal.

how to find the clubs and to eradicate the ones at once, that no longer exist.

Let us not create divisions, that is not good for anything. We should all be working for unity in whatever country we may be living in, or visit. Our International Pass is 'our token of friendship and brotherhood. In fact we are one big family and we all should work and promote what we stand for and what organization we represent in the world to those who aren't members of our family as yet.

To me being nude is to be closer to Nature, closer to mother earth, closer to your fellowman, wife, children, closer to God. We were all born naked and of course we should be thankful that we do have clothes to warm ourselves when the weather requires.

Those who reside in Northern America, and the Mediterranean countries are very fortunate to have so much sunshine during the whole year compared to us in Holland. However, during winter-time we enjoy each other's company at the sauna or the municipal swimming pool so we keep up the bond of friendship.

As a matter of fact, wherever my wife and myself have gone on our travels we have found friendship and hospitality.

Some people are big, others small, some are ugly, some are beautiful, some are businessmen, others housewives, secretaries, doctors, priests, schoolteachers, students, civil servants and so on, but once you enter the camp gate, ALL OF US ARE THE SAME, and that's the way it should be. We undo ourselves of our daily MASK, we are like the leaves on a tree, like the birds in the sky, we enjoy the sun, play sports, swim, talk or walk, make friends, exchange thoughts, when I enter camp grounds I leave my problems right at the gate, it

would be unwise to take them with you. To enjoy the feeling of being nude one should feel free just like a born baby that has come out of the mother's womb.

I am sure that there is a group of people who would like to be like us, but for one reason or another cannot come that far. We know of people in a East Block country who cannot practice naturism anymore, what a privilege we have.

Nudist beaches are a step in the good direction. However, in Holland there is still a small group who gaze at women all day with their clothes on, this makes it uncomfortable to many women. You can clearly see the difference between organized camps and free beaches, but the beaches attract thousands and thousands of people, so nevertheless it is a big success.

Problems left behind

Being nude at home gives the problem of the neighbours seeing you and other people walking by, sitting with the curtains closed is not always so nice. I can see no problems where a house is somewhat isolated from the others, but here in Holland everything is so close to each other.

Mona and myself have found that naturism has no borders, be it France, Yugoslavia, Canada, America, or elsewhere, we have friends all over who share the same ideals as we have.

Its a jolly good idea to write to other nudists in other countries, to exchange ideas and photos. Its like going back to the time when we had penpals, writing to far away countries, collecting stamps, etc. To sum it all up:

Take care of nature, keep it clean. To promote nudism and to help others should come as natural. Do unto others as you would like to have done to yourself. To be nude is to be yourself.

people are difficult at times, but I never knew they were that difficult.

Now we can look at the causes:

1. Is it because so many people live on such a small plot of land?

2. Is it an after effect of our puritan upbringing?

3. Is it our temperament?

4. Is it that we think we know it all and would like to change the rest of the world to our ideas. No matter how small we are, do we have a big mouth?

5. Or, is it because we are perfect and full of wisdom and like to share that with others? If it is the last, God help us, because we all makes mistakes and we all are imperfect, but to use flexibility and normal understanding and to honour other membership cards, and to put more love into our actions would go a long way towards unity.

There should be no camps that are split up for reasons such as smoking, alcohol, meat and other matters. By way the way, I have never noticed any misuse of alcohol in our camp, but I know that members of Zon en leven drink wine or beer at home, but

they are not allowed it on the camp grounds.

Nothing wrong

I personally see nothing wrong in having a glass of wine, even the Bible has no objection to that. One who likes a glass of wine with his food, should be able to have it.

The subject of allowing only families on grounds is for me the limit, and being on the rampage, why on earth should single women pay less than single men? What is the difference? Is this not discrimination?

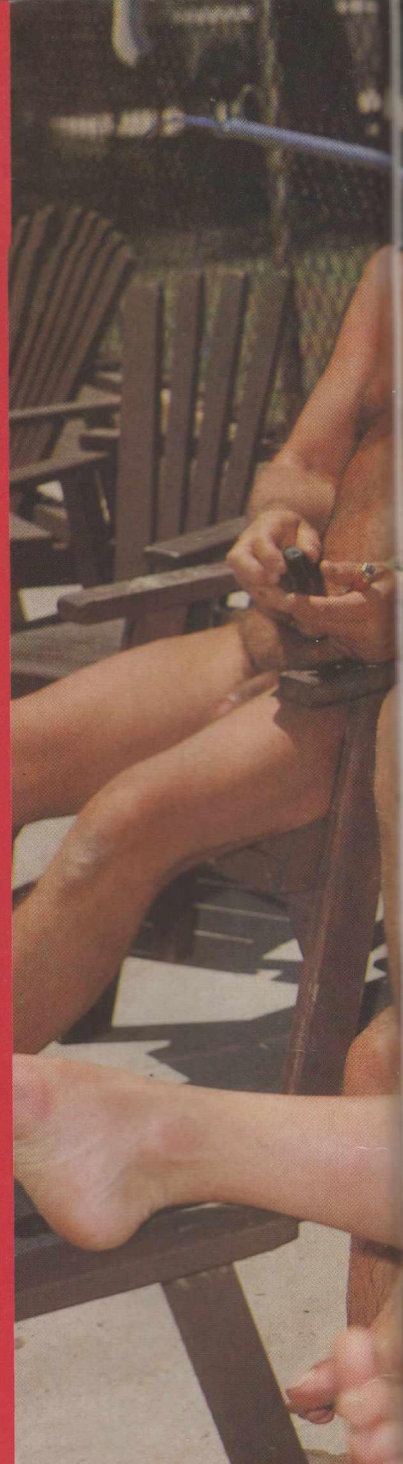
To sum up, we have several beaches now for nude bathing, some of our camps can hardly take any new members. Ground is hard to get in Holland and it is very expensive. But there is good news yet in this article. Grounds have been bought and a big National Camp will open its doors next year, easy for the foreign or local visitor to enter. One you won't have trouble getting in.

A word about the INF guide which is a very helpful thing, but it would help everyone to see more little maps of directions on

VISITORS DAY

AT THE CLUB

Our readers often write to us consumed with curiosity about what goes on in a nudist club. It's hard for us to explain that the fantasy and the reality are entirely different. So let's imagine you're a visitor to this American club in our pictures. You're following the photographer around, but after a bit you wander off on your own. What do you think?



WE are often asked (sometimes with a sneer) 'Don't tell me no-one gets sexy when they're all in the nude?'

We answer: 'Of course no one stops being sensual just because they're undressed. Of course people flirt. People flirt everywhere!'

'Ha! Then you admit it!'

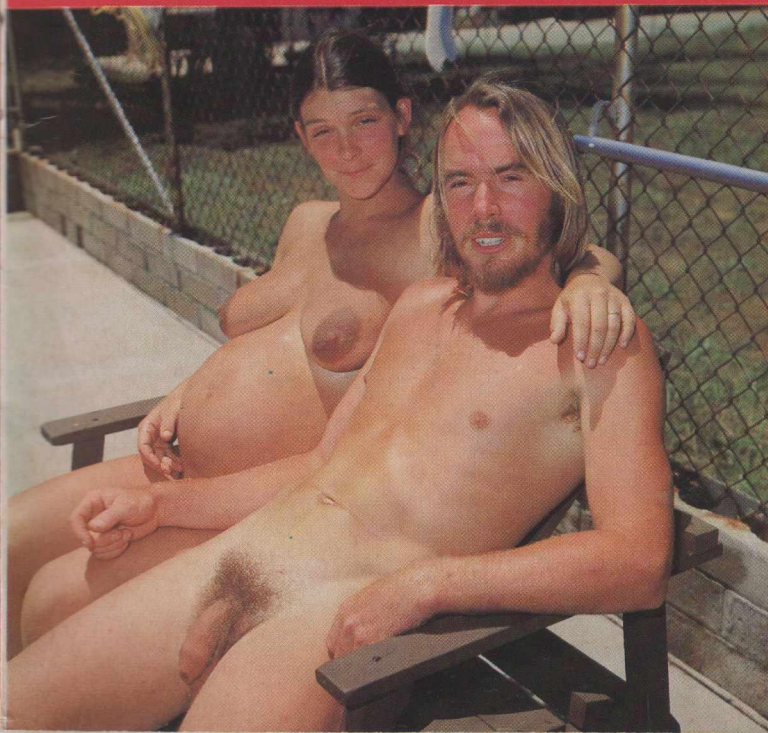
'Admit what?'

'That orgies take place.'

'If orgies take place in a sun-club because some gentle flirting is observed, then what goes on in your local golf club? we ask with a smile. There's no answer to that one!'

Sun-clubs are so friendly. When you first arrive, it's a case of: 'Hi! I'm Babs and this is Charlie. Let's show you round!'

You might go first to the clubhouse, to get a welcome drink. Everyone looks up as you come





in, not to sum you up, or work out if you have got more than them (like they do in the golf club) but to smile and make you welcome.

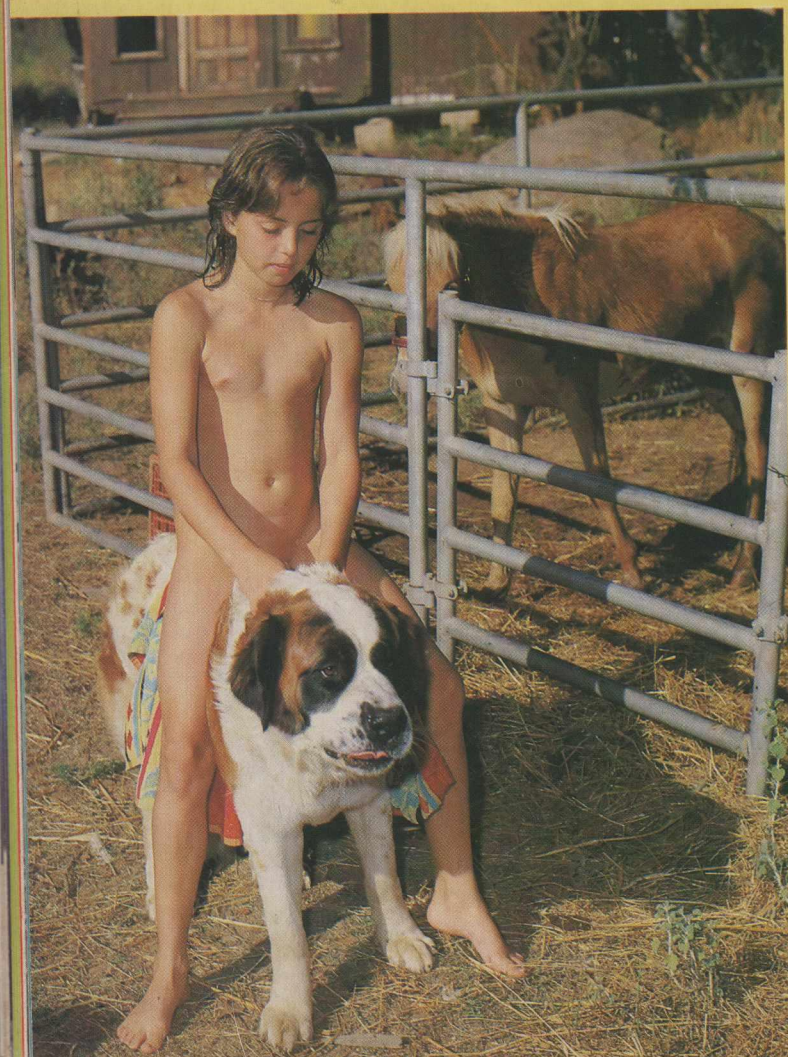
When you go for your walk round the grounds, you'll be looking everywhere for all the orgies and sex. You won't see anything but if anyone does get fresh (see pictures) you can always cool them down with a hose pipe!

We see people lying on towels, playing backgammon or chess, reading the papers (or H. & E.) and generally relaxing. It's early in the season and everyone's in different stages of sunburn. We see pink arms and legs. But by the end of the summer, sutans will have evened out and everyone will be smoothly and goldenly tanned—all over.

As we go past, sunbathers say idly: 'Hi. Fancy a beer?' Some people are playing ludo.

Now ludo is a simple English game, involving throwing a dice and moving counters. But when the sun is shining, and some crazy person has invented new rules, anything can happen.

John shouts 'It's not fair! I'll never throw a six!' Janie shouts with joy because she's just knocked her opponent off the board. Martha loses her temper, jumps up and flings the board on the grass! But everyone just





laughs, pours another beer and plays another round.

In the pool it doesn't matter if you get your hair wet or if your make-up smudges. You've been seen in all sorts of states when you shower together, so what does it matter? So what if you get goose pimples, or stand on somebody's shoulders and fall off?

A lady in our picture is pregnant. That's great, no-one should have to be invisible because of such a human and natural thing. We hope she'll bring her baby up in the naturist way of life. Children take to it so simply, and that's why sun-clubs always provide plenty of things for children to do—swings, paddling pools and pet animals are a great favourite in many clubs.

It's good for children to get used to caring for animals. Humans like to touch and caress—some people pet their cats and dogs more than their husbands or wives! And you can tell all your secrets to a dog or cat and they'll never betray you!

By now you're beginning to get an idea of what goes on. You see people accepting each other, you see them joking and teasing each other, you see them enjoying life





in a subtle and sensuous way. By now you must be itching to take your clothes off yourself.

You may find yourself with mixed feelings at this point. You may feel like an exhibitionist, or think that everyone is looking at you. Or perhaps mad euphoria overtakes you. You want to run around shouting 'I'm free!'

Maybe you will be just full of relief that at long last, you've done something you've always wanted to do.

After a while, of course, one no longer thinks about taking off one's clothes, or the state of being naked. One just does it naturally. But we do remember




what it was like the first time. We do all understand the feelings you're getting.

Something happens in a sun-club that is more subtle, rewarding and humanly enjoyable than you can find in any other sort of club. You won't be disappointed because you haven't found an orgy. And we'll forgive you if you expected one. We were visitors ourselves once. We too, didn't know what to expect.

Naturism is never how one imagines it. The reality is far better than the fantasy.

Come for a visit and find out for yourself!





NUDISM THE DEVIL'S INVENTION

This month Maggie Stillwell takes a look at some of our opponents. They pop out of the bushes when least you expect them. In Greece they come draped in the clothes of the Orthodox Church. In Scotland they emerge as yobbos with coloured cotton tied to their privates. But wherever they are, they pose a real threat. What can be done about it?



GOOD news for the Belgium naturists—at last they have got a free beach! It is situated on land governed by two councils, Eersel and Vottem, not far from the auto route from Eindhoven to Antwerp. We wish it well and hope it is the first of many. But I hope the Belgium readers won't let it carry them away. At about the same time as the beach was designated an unfortunate lass aged 20 was hauled before a Belgium court and fined 4,000 francs for the disgusting sin of serving in a cafe in a monokini—or topless to you and me. It appears the public were hardly disturbed, but among the customers were some Gendarmes. And, as we all know, Gendarmes are not as other men.

If there is one country that may be more backward than Belgium when it comes to liberating the nude it is Italy. But even there things are looking up. L'Association Italienne des Naturists managed to convince the Milan authorities that they could use an enclosed swimming pool without arousing God's wrath. But the authorities wanted to be doubly sure so they demanded that all the windows to the swimming pool be blanked out with white paint. It succeeded, no thunder bolts descended on Milan that night.

But nudism is still a minority occupation there. The official estimate suggests there are only about 8,000 nudists in the whole

country—half of them belonging to official associations. Perhaps this is not surprising when you consider how easy it is for Italians to get across to the Yugoslavian nudist resorts. But it's strange isn't it? Italians living in a 'free democracy' have to travel to a communist country to enjoy the freedoms they want. And they won't get their clothes stolen in Yugoslavia. It must be the most honest country in all Europe. But back in Milan members of the Rozzano Nudist group returned to their dressing rooms after a sunbathing session and found all their clothes gone—pinched.

And now, if there is one country that may be more backward than Italy when it comes to liberating the nude it surely must be Greece.

Greece's first official nudist resort is at the Salardi Beach Hotel in southern Greece. Now, as we all know, nude swimming or sunbathing is dangerous in Greece. Many naturists have spent uncomfortable days in Greek jails for doing just that. And leading the opposition to nudism is the Greek church. Nothing surprising in this—churches throughout Europe have opposed the spread of Naturism. But in Greece the opposition could be called fanatical. Now the Salardi Beach Hotel makes it clear in its advertising that nudity is allowed and as a result many German



tourists have taken a holiday there.

But right from the start of the summer the church was busy stirring up opposition. It came to a head when Bishop Ierotheou, the Metropolitan of Hydra, led about 1,000 of his flock one Sunday in an anti-nudist demonstration. They attempted to forcibly take over the Hotel. They carried banners and chanted 'Nudism is the Devil's invention,' and 'Take your orgies back to Germany.'

When the assault failed they marched to the nudist beach, fell on their knees, prayed and finally issued a threat of further violence if the Germans did not leave within the week. The statement said: 'It is disgraceful and unforgiveable for such a colony to exist in our region and an insult to the traditions and morals of our country.'

The Greek National Tourist Organisation backed the nudists and condemned the demonstrators as 'religious fanatics and hypocrites.' A spokesman for the tourist organisation said they were considering opening more nudist camps. In the meantime the Greek Government has assigned armed police to protect the West German nudists. 'We fully support the German nature-lovers in their rights to swim and sunbathe in the nude and believe the opposition is confined to religious fanatics who we will stop by force if necessary,' said another spokesman.

The problem is undoubtedly one of misunderstanding. The religious community appear to believe that nudity and moral laxity go hand in hand. The answer is to enlighten them either through education or more directly by inviting the priests into the nudist resort. It is quite possible that the coming summer will see similar unrest unless something is done to remove the fear and suspicion present in the minds of those priests. In the meantime, tourists wanting a quieter life may like to try Lindos in Rhodes.

And now Scotland?

If you think this little dust-up in far away Greece is of little concern to us in the rest of Europe, you could be wrong. A recent happening in Scotland (of all places) must cause us all concern wherever we live.

It happened at Scotland's first nudist beach at Gailies. It's also Scotland's only nude beach. Or was—because now the Cunningham District Council has closed it. Why? A spokesman for the Council said they were too 'embarrassed' to keep it open. It



seems the beach attracted numerous exhibitionists who have nothing in common with genuine naturists. The newspapers made the most of it. They reported the goings-on as follows:

The London Daily Star. 'The wild goings-on on the nudist beach shocked council officials. As they patrolled the dunes they saw: Sunburned couples making love in public. Naked men and women riding motor-bikes. A handball match in which the ball was the last thing anyone was grabbing. But they just couldn't believe the soccer match. The two all male sides were identified by pieces of coloured ribbon tied around an unlikely part of their anatomy.' The paper was apparently too shy to say penis.

All the reports made it clear that naturists were not to blame. One councillor even went on record saying: 'It is no longer attracting naturists . . . but obscene exhibitionists.'

Doubtless the reports are exaggerated and some readers may think I'm doing the movement a dis-service by adding to the publicity. But the fact remains that any free beach anywhere in Europe can suffer from this sort of thing. We should all be aware of it and if we want to save the beaches be prepared to do something about it. But what? Call the police? But how are they to distinguish the goodies from the baddies? Establish Gauleiters, so good at harrassing nudists photographers or those who prefer to

retain some clothing, may suddenly lose their bravado in the face of a bunch of determined yobbos. Perhaps it is a subject fit for an INF directive?

In the light of this are we to blame the Greek priests who see a threat to their countries traditions and morals? I think we have to take it for granted that as long as people remain convinced there is something immoral about nudity we will suffer from both the priests and the yobbos. The priests will oppose us and the yobbos exploit us.

Take for instance the case of the fellow who wants to buy Furzey Island at Poole, Dorset. He was reported as wanting to allow nudism there and the News of the World reported, 'He plans to combine nude sunbathing with wine festivals.' The opposition was predictable. The local vicar said: 'I don't object to naked people, but with wine the island could get the reputation of a sin-bin.' A local councillor, Mary Ballam, described the scheme as a plan for 'Roman revelry.' She added: 'I don't think people round here want a boozers' and naturists' paradise.' The island's owner put it well when he replied: 'As for Roman orgies, you don't get them at St. Tropez and they certainly drink plenty of wine there.'

The lesson is clear. Wherever you turn you will find good evidence that naturism is spreading fast, mostly outside the confines of the official naturist camp. And while this should give rise to rejoicing, we must realise that our opponents are not going to give up without a fight.

EEC and nudism

Finally, a little light relief. During the year the European Commission proposed a directive of acceptable standards for nudist beaches. This suggested that certain beaches in each member state should be designated as set aside for the use of naturists with standardised signs for those who do not understand the local language. The report finished with the welcome news that 'It was also proposed that regional fund money could be made available to part finance the necessary infrastructure such as new roads to cope with the expected increased traffic to the naturist beaches.'

Alas, it was all a rather heavy handed joke. The directive you see was issued on 1st April. Perhaps we should keep a look out this coming April to see what the jokey European Commission will be up to next.

☆ ★ ☆



Most European countries have a law stopping you from bathing or sunbathing naked. They say the human form is indecent, or obscene. These outdated and outmoded laws must be repealed. It is not enough for the authorities to 'turn a blind eye.' Positive action is required and required now. Phil Vallack, our free beach expert, is leading the way. Support him and his petition—you have nothing to lose but your chains!

GIVE US FREEDOM

A SHORT while ago, in this feature, the 'TP' problem was discussed. If you have a 'TP' (Textile Partner) and leave him, or her, to practice beach nudism on your own, I suggested that you should think again.

If beaches, as opposed to Sun Clubs, are truly 'costume optional' there should be no problem. Folk can wear costumes, or not, as they wish.

It is surprising how often a

Textile Partner (and I speak from experience) will soon join the majority, if reassured by the friendly tolerance of real social nudity by the sea. If it is not 'compulsory' he, or she, before long decides to be like the others—if they are not hostile fanatics.

One such couple visited Menabilly beach on Gribbon Head in Cornwall. She is still a little 'shy,' and he does not want her

'conversion' spoiled at this stage by my mentioning them by name. For once, therefore, I quote from an 'anonymous correspondent:

'About half-a-dozen people were enjoying a very beautiful day. Two local people, Alan and Doris, act as unofficial beach wardens . . . and they told me many stories. Their relaxation was, I understand, rudely interrupted a few days previously by a squad of policemen scaling down the cliffs. This caused some moments of anxiety—but apparently the boys in blue made their apologies for this disturbance, explaining that they were searching for a missing person.

So there seems to be considerable tolerance at this location. I must say that in my experience, to be free from anxiety, what you say about safety in numbers is a very valid point.'

Indecent exposure

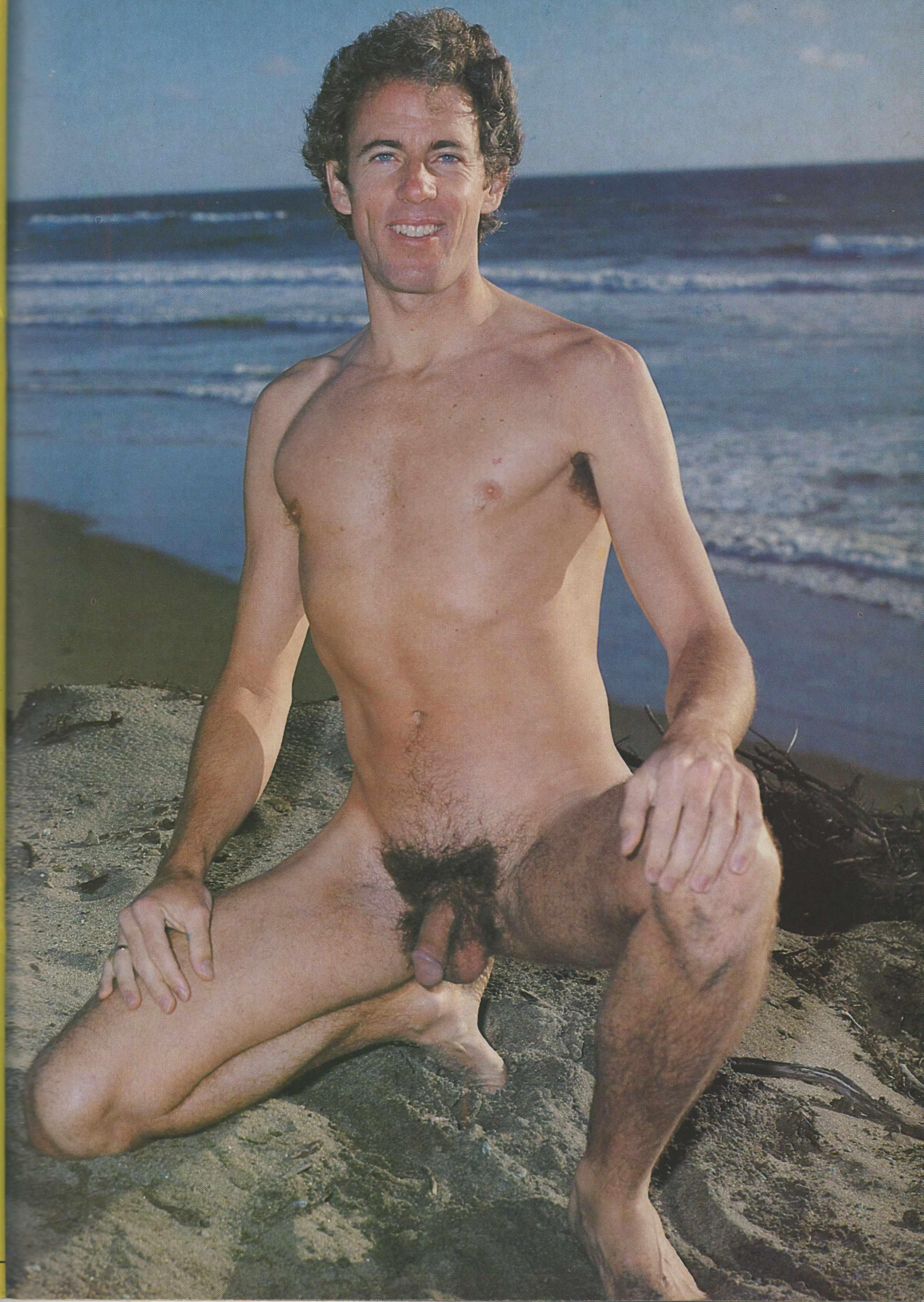
Tolerance of nude bathing at this, and other Free Sun Beaches in Cornwall, is not shared by Mr. G. Trinick of Bodmin. There has been some mindless vandalism in that area and I suspect that this gentleman associates nude bathers with 'textile yobbos.' He wrote on May 15th, 1980 in anger about six beaches described in my 1979 book and booklet. It seems that they are now listed, with others, in leaflets available to Nudist Tourists from Information Bureaux in the West Country. He says:

'There information does not include the caveat about practicing nudity with discretion, which you properly refer to in your booklet . . .

'I realise that your local informants have reported that nude bathing and sun bathing has on occasion taken place on these beaches—and I do not dispute the fact. The (National) Trust has been aware of it for a good many years and has never sought to stop the practice while it remains discreet and low key, and does not cause offence to others.

'This would have remained the case if you had not been foolish enough to publicise the matter,





'She is still a little shy, and. . .'

and I think you have done a considerable disservice to your cause . . .

I replied that we, and a great many of our friends, were members of the N.T., and would he please supply details of documented abuse:

' . . . Far from hindering the 'beach campaign' to bring this country into the healthier attitudes enjoyed in the rest of Europe, we are convinced that responsible groups sharing the more suitable beaches listed in FREE-SUN publications is infinitely better than individuals spreading themselves over more of the coastline in search of furtive seclusion.'

Discussing this affair with other N.T. members, one thing became alarmingly clear. Current legislation in UK does nothing to protect the genuine leisure nudism of Free-Sun People. The Home Office reply to my enquiry earlier in the year, for quotation in 1980 'Europe's Beaches' book, included the following:

1. It is an offence indictable at Common Law to expose the naked person.
2. (It is a Summary Offence if a man) : : : wilfully, openly, lewdly and obscenely exposes his person with intent to insult a female.
3. (Under Acts of 1847, 1875 and 1972 it is) . . . an offence for a person to wilfully and indecently expose his person.'

The mind boggles at all this ancient gobbledigook, but surely there is something in 'General Law' to protect seaside nakedness? To distinguish 'decent exposure' in nude leisure from the indecent few. Before Victorian prudery, nude bathing was accepted as normal.

Perhaps the 'Model Byelaw' recommended to seaside councils is more fair?

Not a bit of it! Try not to doze off until you have read this. It cost some youths £400 in fines at Brighton 3 days before the 'official' beach was opened there. This is the usual byelaw 'protecting' you, if there is a byelaw at all. See what you can make of it:

'No person shall within 200 metres of any street or public place, unless effectively screened from view, bathe from the bank or strand of any water or from any boat thereon, without a dress or covering sufficient to prevent indecent exposure of the person.'

It is common knowledge that

when this wording was put into a legal document, a man's 'person' was his penis. It was not polite to be too specific. Ladies, it seems, have no 'person' to expose—but don't count on it for special privileges. They can still cause a disturbance of the peace, etc.—AND PROBABLY WOULD ON Blackpool beach if demonstrating their lack of 'person!'

Did you notice that nudity was not called, simply, nakedness but 'indecent exposure' and that you are supposed to be 'screened' if within 200 metres of any street or 'public place'?

And yet, you see, the beach itself COULD be called a 'public place.' I quote again (for the last time, I promise you) from the Home Office letter:

'It has long been held that a 'public place' . . . means a place to which the public have access, whether on payment or otherwise. This is the common law definition which is to be found in R. v Kane (1965 ALL ER 705). While we have no authority to determine a point of law, therefore, it seems to us that a person bathing nude within 200 metres of any beach to which the public were granted access in a district where the byelaw was in force would be committing an offence. I hope this will be of

assistance.'

It assists us, certainly, to realise that far from protecting the 'decent' nude bathers the Byelaws of this country, taken literally, ban us from our coastline! We can bathe (and sunbathe?) 200 metres INLAND from the beach—but not on the beach itself. On the beach at all times, since it is a 'public place' in common law, we must relax and swim surrounded by some kind of portable box?

Why has nothing been done, on behalf of seaside naturism, to point out this infamous discrimination? If we were an endangered species, there would be ample reserves provided by naturalists much better organised for buying their own bits of coastline than the timid Naturists.

Is the lack of protest a desire not to rock some floundering boat—or just sheer lethargy. The 'let's wait for a Test Case attitude'?

Obviously the Law Society cannot like situations such as a this where 'the Law looks an Ass,' and I will ask them for comment to pass on to you. The mechanics of up-dating might be speeded up if the demand is demonstrated. Perhaps a Petition before the end of this year will awaken public interest. How many people realize that even on an 'official' beach in Britain your leisure nudity is still 'indecent.'

What a welcome for foreign visitors!

Petition

Please write in for as many Petition Pages as you think you can fill. There is room for twenty signatures on each page. Please return them filled up by early December for counting and presentation.

The alternative model byelaw on the Petition is only a suggestion for the professionals to bear in mind when they clean up the present muddle. The '200 metre clause' proposed will not please all nudists/naturists. It is only an amateur's attempt to remove the stigma of 'indecent' from sensible leisure nudity. It also tries to list the 'public places' where, reasonably, the clothed public could expect exclusive use provided that the unclothed public can share, if they wish, the rest of the bathing area:

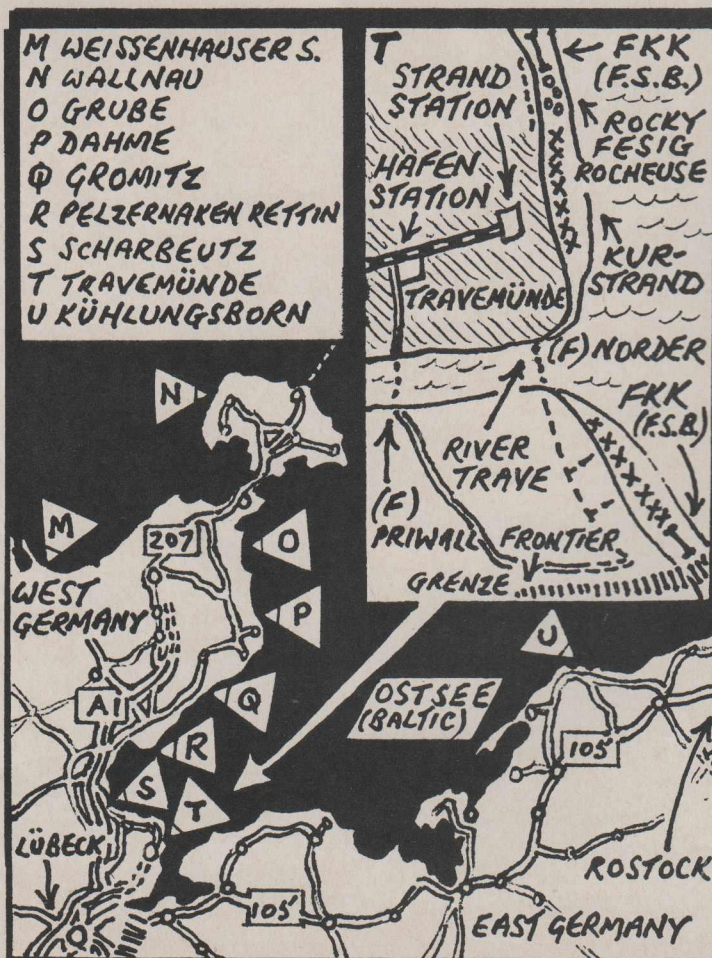
'No person on or by lake, river, or sea shall, within 200 metres of public car park, access, built promenade, buildings or roads overlooking, or pathway for business, e.g., to jetties, disrobe completely for decent exposure nude to sun or water, unless screened from view of public places listed above.'

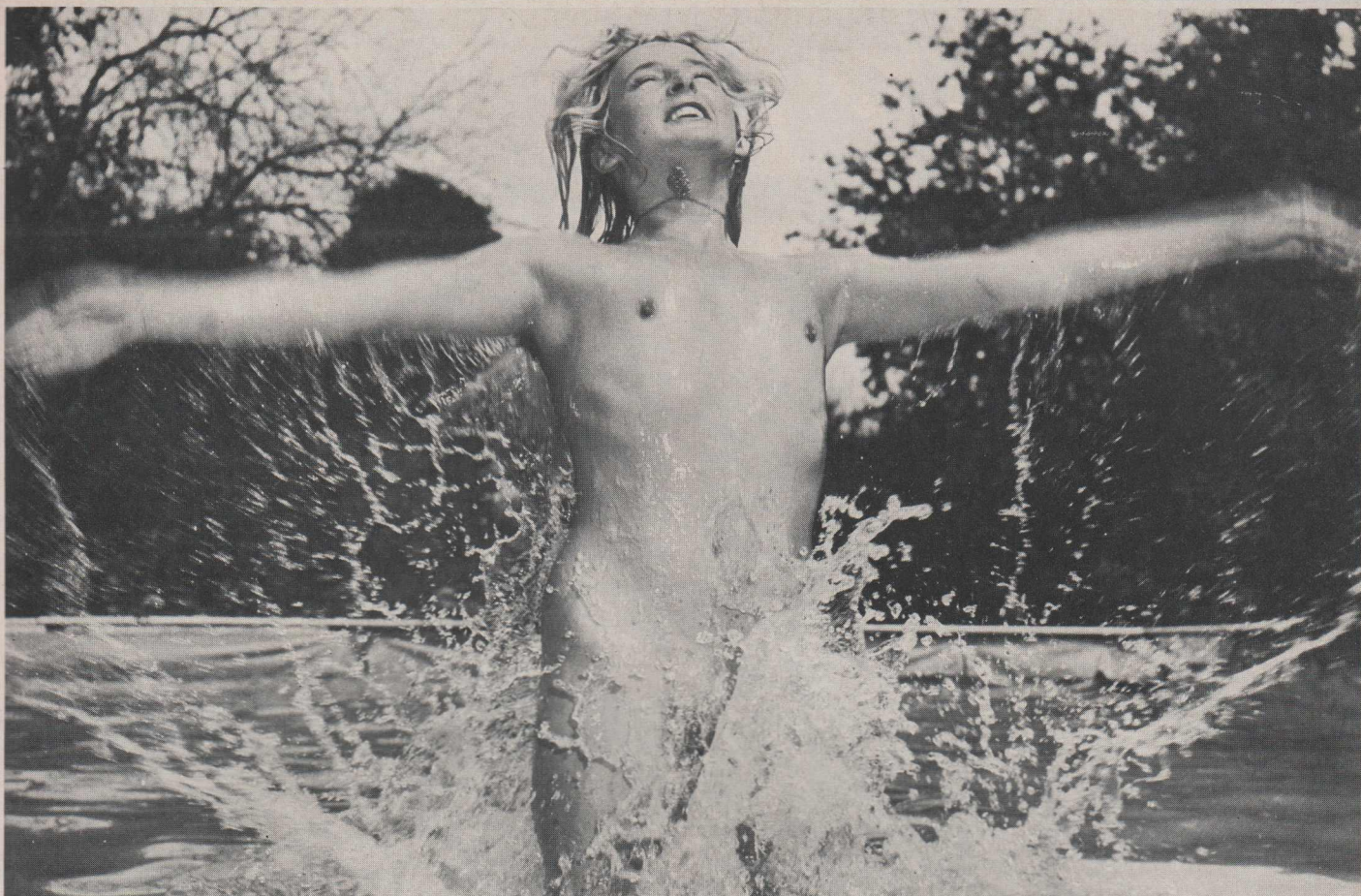
Help us to present a Petition with at least 10,000 signatures, possibly 20,000.

PHIL VALLACK'S FREE SUN BEACH SPOT

West Germany's Baltic coast is good for nude bathing. Free—Sun Beaches (FKK-Strand) are listed in 'Schleswig-Holstein-Magazin' at Schönhagen, Damp and Wendtorf, as well as those shown (M—T) on this drawing. Close to border with East Germany (also well supplied with official FKK) Travemünde (T) has two. North of the rocks, beyond 2.5 Km Kurstrand, a path leads to area shown on Town Map displayed near Strand Station. Over River Trave by Norder Ferry you can also walk to southern beach; chain fence and red pylons mark border.

Weissenhauser Strand, Wangels, (M on map) has 6600m of FKK-Strand.





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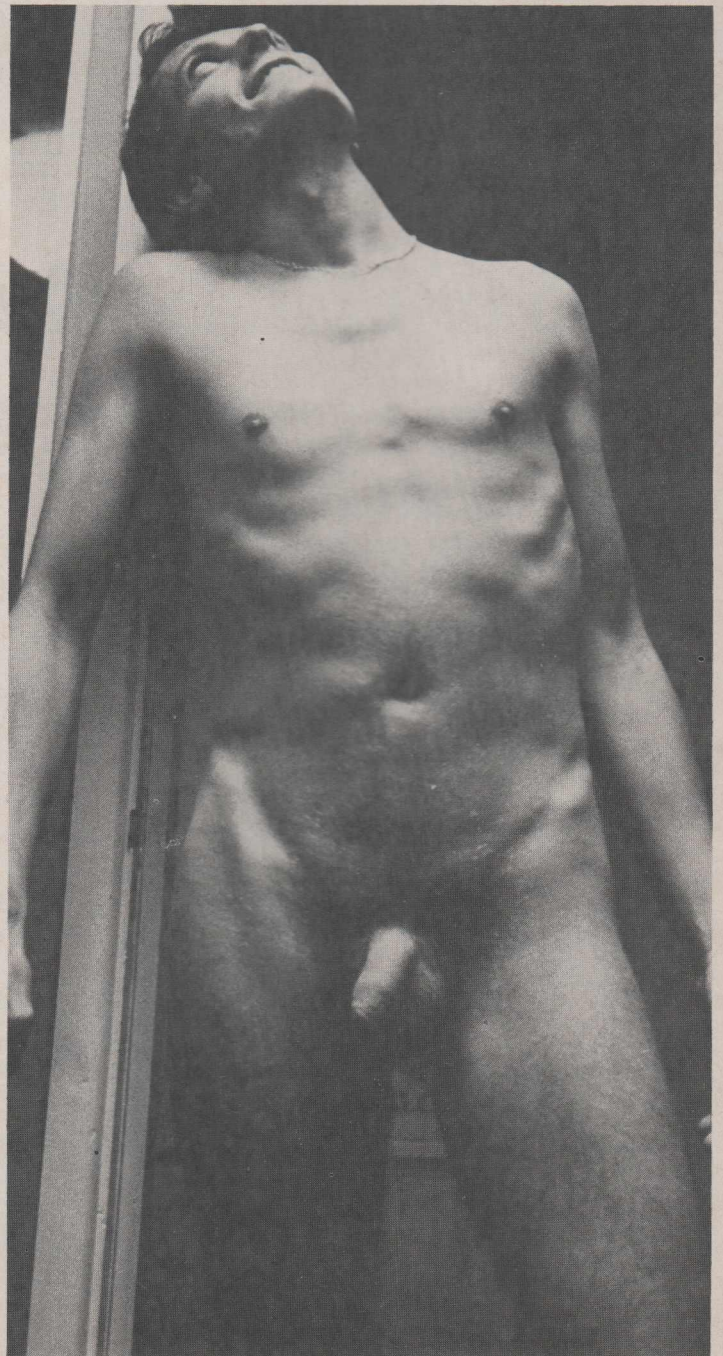
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SCULPTURE WITH



Why don't we publish more men? A few daring readers have written asking this question. We tell them most of the pictures we receive are of women, but we feel sure they still suspect us of outrageous sexual discrimination. Here's a change. Mike Herring's work first attracted our attention when we selected one of his pictures as a winner in the Photo Contest. He explains how he works and we trust some of you will follow his example and try a bit of indoor work this winter.



PHOTOGRAPHY



THE question is often asked as to how I go about photographing the Male Nude and what equipment I use as most of my portfolio concentrates on studio shots and studies of the male in natural surroundings indoors.

Although the sun goes down in September the Naturist does not suddenly switch off. Most continue to enjoy the freedom of disregarding clothes around the home and this is why I have found the subject interesting by capturing the Male in the most natural and creative way. As I am sure all the models I have worked with would agree, this adds another dimension to life.

Before I go into the technical aspects of photography, I would like to qualify one point about why the Male is the main subject.

In my opinion one of the most overlooked forms of grace has been the Male form, the Athlete in action or the grace of John

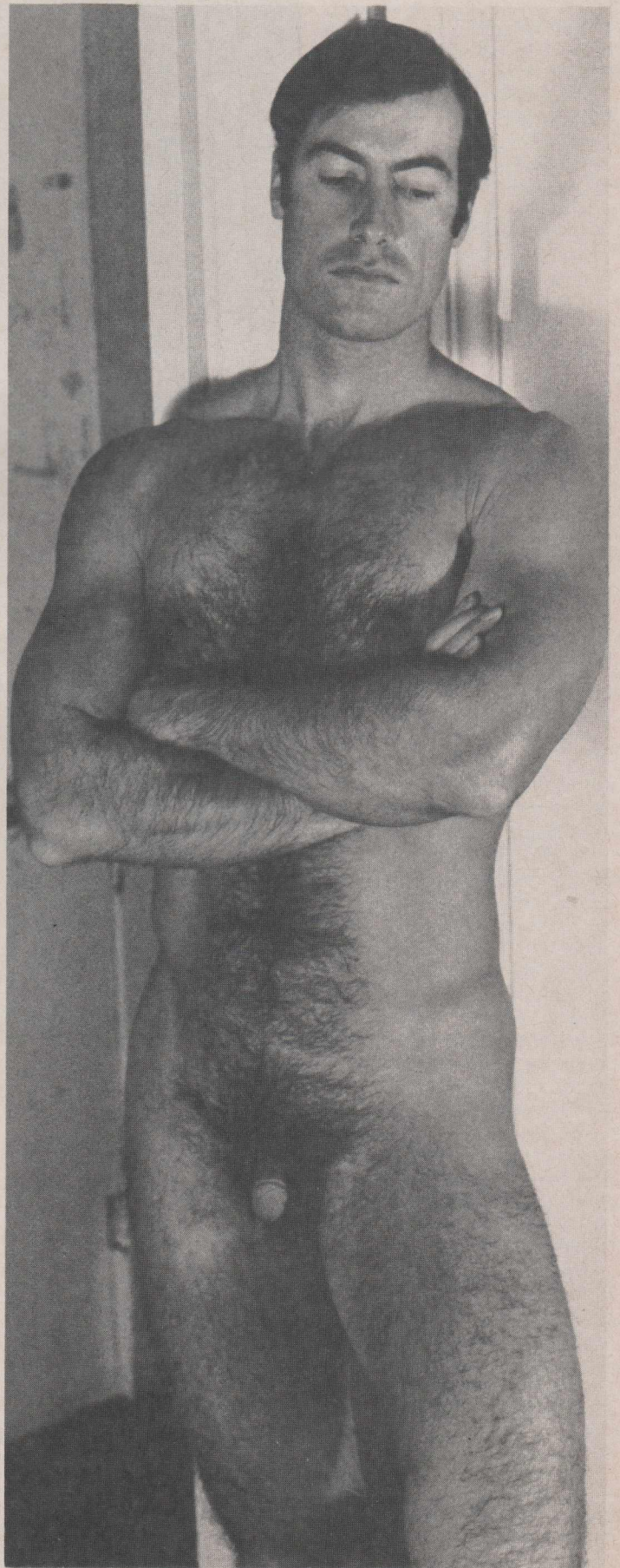
Curry and the movement of ballet. To slow down the action so as to capture the movement then no one can deny the Male form has a grace of its own, this is what I aim to capture with my own style of photography.

First of all I have a great respect for the model and once I have made up my mind that the model has the right body structure and features the rest of it is up to me to capture for all time and record the model in his natural state.

Once the introductions are over I explain what type of shots I intend taking and during this session I find out what makes the model tick, his likes and dislikes and generally relax him.

This takes place without sight of cameras and photographic equipment of any kind. That comes next.

When I sense the model is ready to be photographed I show him around the studio or home



and let him disrobe in his own good time. I use two cameras loaded with different speed films. My particular choice of cameras is a Nikon and a trusty Canon which, of course, are both 35 mm.

I choose 35 mm because I can use these with ease to capture a movement of the model one could never have them pose for and appear natural. A photographer has to have a quick creative eye.

The model is encouraged to move around quite freely, stand by a window, make a phone call, lounge in a chair, play a record and generally relax.

This is why I have two cameras on the go as the lighting range will vary and the worst thing of all is to bring this natural mood to a halt whilst lighting adjustments are made.

Camera A will be loaded with Ilford medium speed film, 125 ASA and Camera B will contain Ilford Fast film 400 ASA.

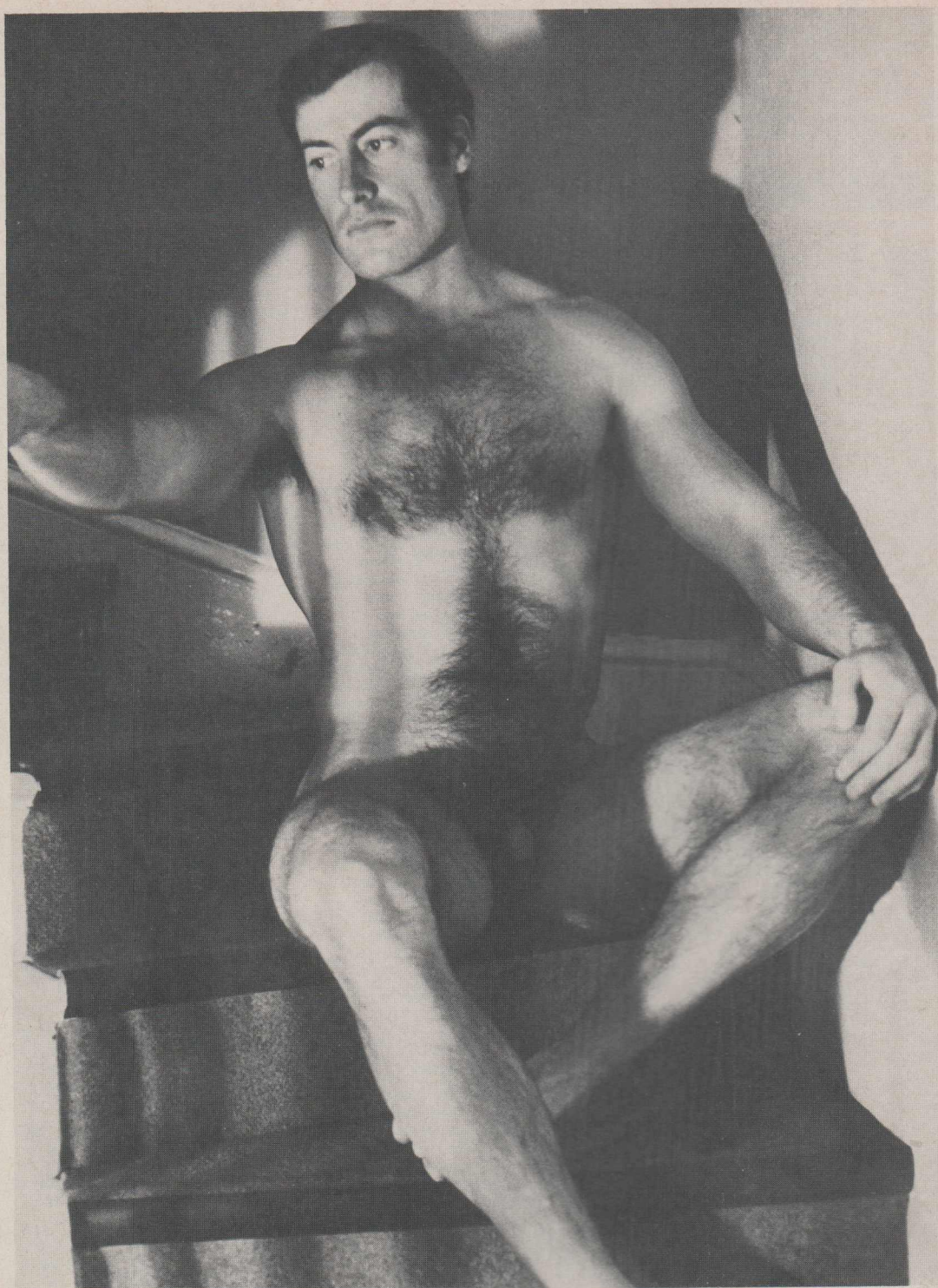
I never use flash as this tends to flatten out the subject. However, I do use two or three flood lamps to create light where light requires to fall and also to create the shadows which are the most important part of my photography.

Once I have gained the complete confidence of the model, then I attempt to capture the more creative side of him. I quite often use one light, either to the left or right of him to exaggerate the shadow areas which, if he has good muscle tones, will result in a super shot. If his features allow this lighting technique then I will encourage the movement of the head until I see the correct highlights appear on the features I feel worth capturing. I know from experience what I am looking for and the model must trust in this. Once again this is where having two cameras is useful, as I would on average, find that for this type of treatment the 400 ASA film would be required.

You may be asking why the other two lights then? I will only draw on these as and when required as I am a believer that the shadow areas are more important than the light areas and I let the light sculpture the model. Also the shadow areas can create an air of mystery.

My favourite shots are those using a window with natural light on the model and with the aid of a reflector (a piece of white card will do) I bounce the light back into the shadow areas.

The whole photographic session is one of creativeness and the model is the one who matters. When you have had the pleasure



of working with as many models as I have over the past four years of specialising in this subject, quite often a whole day has just rolled away simply because we have a common interest, to create something worthwhile, recording for all time.

Now, where does this leave the amateur photographer? I would hope that this gives encouragement to them as although I have the equipment as one would expect, the amateur can go a long way to producing his or her own creative indoor shots.

The camera is important. However, one of my most treasured shots taken in 1972, was taken on a camera (no names) that a beginner would receive at Christmas, with the

minimum of refinements on it. What was important at this stage was to use the correct speed film for the light that was available. I had two 100 watt bulbs, one in a lamp positioned behind the model and the other just to the left of him approximately 5 feet away.

Because of the lack of light the exposure had to be longer than usual and the model had to be very co-operative, but in the end a super result.

So, what am I saying? Don't put your cameras away during the winter, take the plunge, buy a fast Black and White film, use what lighting you can rustle up, a desk lamp in conjunction with natural light and shadow, with your family and friends.

The development of films for the amateur these days is more relaxed than in previous years. However, if you have a small enlarger or the use of one, then much pleasure can be gained from shading out unwanted background objects and holding back the light in the unwanted areas on the bromide paper.

As this subject is so vast and one could write a book on it, I have limited the article to the basics, however, I am always interested in hearing from genuine amateur photographers seeking advice (S.A.E.).

I trust you will not only restrict your photography to the annual holiday type shots, be creative, sculpture with light and shadow.

PICTURE THIS

LAST summer I was fortunate enough to be stripped naked of my inhibitions by a lady photographer. At twenty-three years of age, it was not before time.

I was living in North Wales and working as a stage musician. I was fairly used to getting my body noticed; or should I say, my clothes? Yes, that great protective shield, you might think.

It happened as a bit of a joke. While I was chatting to the photographer over, perhaps, a few too many bottle of 'Pils,' I agreed, for £5 per hour, to be a nude model for the first time since I was eighteen months old. (My grandfather dangled me outside the door of a caravan on the Isle of Wight, while my mother snapped me).

However, when I felt that metallic spot-light flash onto my goose-pimpled flesh, well, I wasn't quite the self-assured man I once was. It took me some time, and a few deep breaths, before I could let my trousers drop to the floor. As they did, so too did my hands, like fig-leaves covering my secret, hidden fruits.

I wonder if the response was to the camera or to the person behind it? Would my reaction have been the same if it had been a man photographing me? The answer to that won't reveal itself until I am photographed by a male—a pleasure I hope to have later in the year.

I suspect, in my case, the response would have been similar, although I can't help thinking that if the photographer had been naked I would have felt a whole lot easier about myself. A kind of sexual equality!

However, she wasn't naked and there was I, each and every inch of my body being scanned by a woman in her mid-thirties. To put it plainly, I was shy, shy of my own body! Even my penis was looking embarrassed. Why did I feel that way? It would take a psycho-analyst to work that out.

Indeed, I was feeling really conscious of my body during the 'exposé.' I was aware of every freckle, spot and all those tiny hairs which were standing to attention all over me. And then suddenly—click!

I began to loosen up

'That wasn't so bad now, was it? Let's try another.'

After a few snaps, I began to loosen up, as if each 'click'

Now that you have read the photographer's angle on nude male photography why not listen to what the model has to say? What goes through his mind as he watches the artist get on with it? Keith Richmond reveals all about revealing all.



Our author scrutinises his lady photographer — one of the shots taken during their photo-session.

relaxed a group of muscles like the unwinding of a clockwork soldier. Another reflex and I'm automatic?

Many weird and wonderful thoughts stroked the tendrils of my mind. A sort of mental excitement was in evidence. I was beginning to actively enjoy being photographed.

I found it most exciting to be able to change my mood from one shot to another. This was to be expected to a certain extent, as the photos were part of a larger photo-essay and I had a sense of moving from part of my personality to another. This 'movement' played a great part in my changes of mood and

helped in the overall texture of the essay.

But the help was unconscious. At the time all I was aware of was my body!

For those of you who are thinking of doing a bit of modelling, don't hesitate. Try to get involved in a photo-essay, or a 'movement of photos' as I call it. It will give more meaning to what you are doing. Then you can enjoy the reactions of your body. Modelling is artistic, fun and earns you extra money. That can't be all bad!

But if you too have any hang-ups about your body, read on. My experience in front of a camera did not solve any deep-

rooted sexual or emotional problems for me. It merely scraped the ice from a frozen lake of inhibition. I am still shy, inhibited and quite, quite sure I will NOT be lazing around a sun-soaked beach near St. Tropez while my wife prances about taking photos of me!

But I have always been the type of person to see things from both sides of the fence, sun-club or otherwise. Therefore I feel that nudism, or being naked, says a lot about a person. I would not, as Susan Mayfield might, say it says MORE about a person than if that person were clothed. I believe an equal amount is expressed by both the clothed and the unclothed.

Here I find a strange paradox. First of all, clothes are the great protective shield; they hide a person and offer a disguise. But what happens when we drop our disguises?

We say a number of things about ourselves, but these are very basic. We say that we are human, male or female, we are black, white, tall, short, fat, thin... what we say is limited to our physical appearance, the rest we leave to other imaginations.

On the other hand we say a great deal about ourselves by the way we dress. Let's take our friend the bowler-hatted city gent strolling along Fleet Street, London. We can tell how tall he is (though we can't get a *detailed* picture of his physical attributes!) but we can also tell roughly what he earns and how he lives. He is conservative and 'British.' We have a character reference and can place him in a 'type'—even if he is a nudist in his spare time.

With the nude person we see only what our imaginations create; however, personally, I think this is no bad thing.

Without wanting to jump into the deep waters of human behaviour and the realms of psychology; do we lose, or gain, our identity when we take our clothes off? The answer to that is twelve-fold—six of one and half-a-dozen of the other. So I think we should stop going on about 'what nudism says' about people. If you enjoy being nude, get on with it!





TALKING POINTS

There's a missing person in all pictures. The photographer. Yet, when the picture is made, he is real enough. Almost without exception the photographer is male and the model female. What do they talk about? What thoughts pass through their minds? What sort of relationship have they? Perhaps you have wondered. Read on and learn the harsh facts.

PHOTOGRAPHER: 'Right, honey, let's try some easy shots for a start. Come over here: sit on the sand.' Girl: (to herself) 'Sit down in that filthy place? He must be out of his mind. Put my delicate bottom in that grey sand? Oh well, he's paying for it.' Girl: (aloud) 'Sure. Like this? Will this do?'

Photographer: 'Yeah, fine. Tuck your knees under. That's right. Now smile. Wait a bit, I'll get closer. No, a little further back I think. Wait, I forgot to set the film speed . . .' Girl: (to herself) 'I could do better myself.' Then aloud, 'You must be so clever to know about those dials and things.'

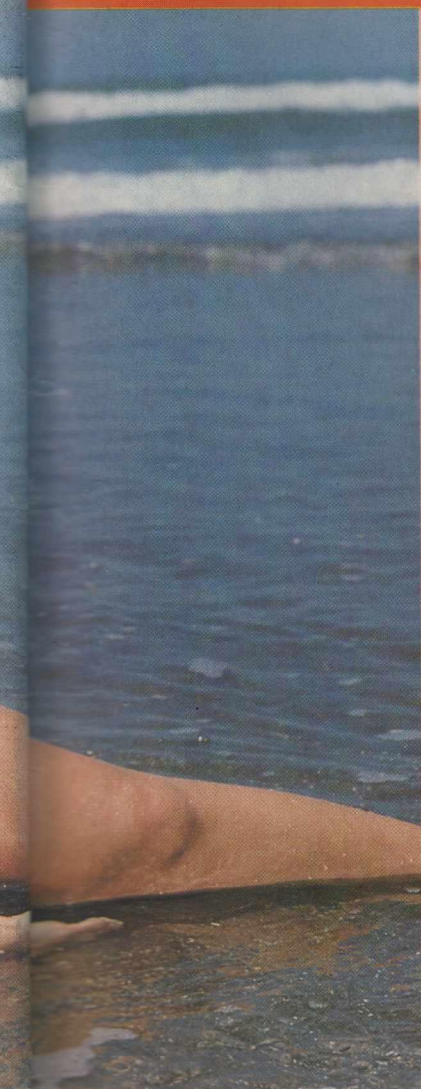




Photographer: 'Ah, its nothin' really. I taught myself in a couple of hours.' Girl: (to herself) 'Sure, and it looks like it.' Photographer: 'Smile again. Good. Now sit in the water, one leg under, the other stretched out.' Girl: (to herself) 'I knew it. Sit in the cold water. Pleasant isn't it? God, why did I ever get into this? Ouch, it would get me *right* there.' Then aloud, 'How do I look?' Photographer: 'Can't you smile? Look pleasant. After all its a lovely day. The sun is shining. Smile then. That's better. Stand now. Wrap this around you.'

Girl: (to herself) 'Wrap this around me? Its colourful, but where has it been? What hussy last wrapped herself in it?' Then aloud: 'Is it clean?' Photographer: 'Listen honey, I'm against porn. Everything I do is clean.' Girl: (to herself) 'Dope!'

Girl: (aloud) 'Why do you use that flash? I mean the sun is shining, why do you need more light? I thought those things were for when its dark?' Photographer: 'It's technical. You wouldn't understand. Don't worry your little head about it. You'd need a degree in mathematics. Just look pretty, that's what I want.' Girl: (aloud) 'I'm sorry . . . I just wondered.' Then





to herself: 'The cheek! What a male chauvinist pig! "I wouldn't understand." I'm a fool eh? Just a pretty body! I wonder what would happen if I threw some sand in his camera? Just make out I'm high spirited! Having fun!'

Photographer: 'Say honey, you look mad. You upset about something? You want to rest? Want a drink? Brought a bottle of scotch in case we wanted . . .'

Girl: (to herself) 'The only thing I want some Scotch for is to keep me warm after lying about in this cold sea, with this wind blowing!'

Photographer: 'Now don't worry about those goose-pimpes, kid, just stick your chest out and keep smiling . . .'

Girl: (to herself) 'My cheeks are aching from all this grinning.'

Photographer: 'That's a good girl! I'll take you for a meal after this.'

Girl: (to herself) 'Not if he keeps talking nonsense, he won't! I'll be so bored. But maybe he thinks he can get me drunk? Then have his wanton way with me.' The idea amuses her, so she repeats it aloud — in an actor's tone ' . . . have his wanton way with me.' She smiles. Photographer: 'Great, marvellous, keep smiling. Oh, by the way, did I hear you say something?'

Girl: (to herself) 'God, another hair-brained ego tripper?' Then aloud, 'Sure, anyone can see you've got a certain something . . .'

Photographer: 'Oh it's nothing kid. When you've been around as much as I have, you get a sort of style—class; you know?'



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INTERNATIONAL NATURIST NEWS



New Sites in France

Camping holidays are being offered at the end of a naturist beach 22km long and 700m wide. where? It's in the Carmargue, France. The beach is backed by a hinterland of natural lakes, wild boars, bulls, flamingoes and the famous Carmargue ponies. Don't lie about and sunbathe too long, say Freeway Travel, because there's also an odd culture about!

Another new site is Camping Cala Go-go, near Perpignan. It's a four-star textile site, with its own private naturist beach. You can bake in the sun and admire the views of the snow-capped Pyrenees, five miles away.

Further details from Freeway Travel, Epic House, Charles Street, Leicester.

Changes in the CCBN?

At the Annual General Meeting of the Central Council for British Naturism, in Diogenes club on 14th September, it was voted that the CCBN will now 'co-operate'

with Health and Efficiency. We await events with interest.

Henry Berney, a well-known figure in the naturist world, was elected the Research and Liaison Officer. He says; "I'm hoping to bring about a few changes. I'd like to bring new ideas to the CCBN and contribute more up-to-date attitudes. I feel I know the naturist scene inside-out, and I know what modern naturists want."

Experiment Unsuccessful

Last summer Sovereign holidays, a huge concern, offered three naturist holidays in Yugoslavia as a pilot, experimental scheme.

However, they're not repeating their naturist holidays in summer 1981, and we asked them why. Could it be, we suggested, that they're not a special naturist holiday firm?

"We can't give a reason," said their Press Office, "Except the holidays were not as successful as we hoped."

We think they should have advertised with us!

London Health and Sauna Club

This club has now settled down in new premises at Seymour Hall, in the West End of London — just a few minutes walk from Marble Arch. European visitors to London are welcome, providing they have a naturist membership card.

Facilities include two saunas, a swimming pool and solarium and the club are giving a special Christmas party on Saturday 13th December.

Vacancies for single men are limited at the moment but membership and admittance is free to ladies. So go along ladies! As soon as there's enough of you to keep a balance of the sexes, they'll start letting in the single chaps!

The club's secretary is Kate Sturdy, who wrote for us in our Autumn Quarterly, and all inquiries for further information are to go through her. Her telephone number is; 01 837 7714.

Latest News for Slimmers

Apparently it's not what you eat but when you eat that

matters. Your body uses more calories in the morning than the afternoon and evening, so if you adjust your eating habits accordingly, you can lose a pound a week and still eat 2,000 calories a day.

You should eat a hearty breakfast, perhaps ham and eggs and cereal, and a proper two-course dinner at lunch-time. Limit your evening meal to a salad and fresh fruit, and eat nothing at all after 6pm. You won't feel hungry, but it may take you up to three weeks to get out of the habit of eating in the evening.

Health Warning for Ladies

The contraceptive devices known as IUDs are becoming increasingly unpopular. If the ladies using these methods have any pain, bleeding or fever, they should go to their doctors at once.

But please, please, get the very best advice if you decide to change your method of contraception. Never risk going without.

MONEY FOR YOU

What are you doing this Christmas? Are you one of the lucky ones, off to the sun for a holiday? Or will you be visiting the local baths and sauna? Perhaps your club is having a terrific Christmas social and you'll be there.

Whatever you're doing, why don't you write and tell us about it? We want stories on the theme 'My naturist Christmas.' Tell us what you've done or even what you would like to do — as long as it's printable!

We're offering a prize of £100 for the best story. As well as looking for wit and originality, our editor likes stories that reflect a true spirit of happy naturist living — whatever that is!

So get busy! If you possibly can, get some photos to go with your story, and one of yourself. We use black and white and colour transparencies (diapositives) — colour prints in an emergency. The closing date is 1st April, 1981.

Runners-up of sufficient quality will be published and our authors paid according to our usual rates.

No correspondence will be entered into regarding the result of this competition and the opinion of the Editor must be regarded as final.



Flash for Results

Readers will have noticed that we are now accepting colour prints for our Readers' Photo Competition. Because of this, Murray James is taking you through a revised course on colour techniques. One of the most interesting tricks of the photographer's trade is to use flashlight to eliminate difficult shadows. Using Flash in sunlight? That must be crazy. But is it? Let Murray James explain.

LET us mention it yet again, we can now accept your colour prints for our readers' photographic competition. In the past we have had to stick to black and white. Now, with more colour pages in the magazine we can at last accept and publish your colour snaps.

Last month we took a look at colour generally and discussed the kind of picture you should aim at. Let us continue.

Firstly, let us talk about size. As far as prints are concerned there is no hard and fast rule. The size you usually have made for your own pleasure will suit us. With transparencies (diapositives) the position is a little different. While 35 mm are perfectly acceptable, provided they are perfectly sharp, we usually find a larger format such as the 6 cm by 6 cm reproduces better.

Because we prefer the larger size we have known of cases where the photographer has taken his 35 mm slides to an expert and had them enlarged into 6 cm by 6 cm or even larger transparencies. There is no point in doing this. In fact it is detrimental, for every time a picture is passed through another optical process, it loses something of its original sharpness and colour accuracy.

One question frequently raised



PHOTO CLUB

Our competitions are open to all readers. There are three categories where the prizes are: First £12, Second £8 and Third £5. They are **Female Beauty**, **Group Pictures** and **Men**. In addition there is a **Special Class** to cover any other Nativist subject. You must put your name and address on the back of every print or attached to the cover of your colour slide. Also, we must have your assurance that the subject agrees to publication. Black and white prints are not returned unless specially requested and stamped and addressed envelope or international postage coupons enclosed.

at our photo group sessions is 'why are you using flash when the sun is shining?' It does seem stupid, but there is a good reason. The flash is being used to reduce the shadows. And to achieve that without the viewer becoming conscious of the flash takes some doing.

We have discussed this before, but the matter is so little understood it is worth going over again.

Consider the shadow that nearly always occurs in the eye sockets. The sun is high overhead and throws a shadow over both eyes. If you ask the subject to lift the head to eliminate the shadows the sun causes them to close their eyes or squint. What can you do?

Well, you can ask them to move into the shadow or turn their back to the sun. This is a solution of sorts and one I have often seen adopted at outdoor photo sessions. But it is a solution of desperation. The better way is to use electronic flash of just sufficient intensity to lighten up those shadows.

For this work there is only one choice of flashlight. It is the small, electronic, automatic flash. The kind that is controlled by an 'electronic eye' which measures the amount of light thrown on the subject and cuts it off automatically. All the major manufacturers build at least one model. Some have only one setting depending on the speed of the film used—these are the

cheapest. Some have several settings available.

Fortunately, for our work, the cheapest—that is the one stop model—is more than adequate. For instance I have an old 'Sunpak' Auto 20 model. In the instruction booklet that goes with it I can learn that if I'm using a 50 ASA film, say an Agfa CT18, I should set the f stop on the camera to f4 for the best results.

So if I'm taking pictures in the dark and I set the camera to f stop 4, I will get well lit results. But I'm not working in the dark. In truth I'm working in brilliant sunshine and the exposure for that is f8 at 1/125th of a second. What do I do?

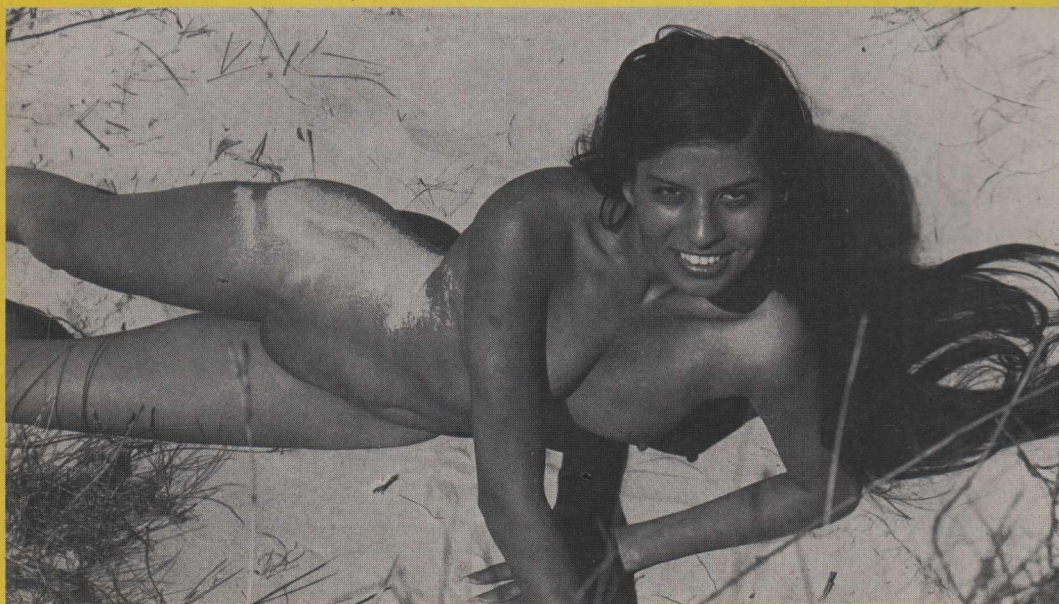
The answer strangely enough is—nothing at all. I leave the camera at the correct exposure for sunlight (f8 at 1/125th) and let the flash work away. The result is that the shadows are made lighter and the effect on the highlights is negligible. What is happening is that I'm using the camera at two stops smaller than I should if I were using only the flash for lighting. This means that the effect of the flash is reduced, but it is still strong enough to just nicely lighten up those difficult shadows without washing them out all together. (Users of 35 mm cameras should adjust their exposures according to the camera's instructions).

Now you don't have to use the particular film I have just mentioned. The effect is the same with a film of any speed. So long as you set the camera speed to include an f stop which is at the same ratio to the flash as described above.

For instance with a 25 ASA film speed (Kodachrome) your camera f stop should be f5.6.

Now consider the situation where the model is back lit by strong sunlight. You must all have seen and admired those beautiful pictures which result when the sun is shining from behind the model perhaps filtering through foliage.

All you do is set your camera to the f stop as though you were working in total darkness. That is in our case f4 (CT18). Amazingly, it works.



Here, sun reflected from the sand gives even lighting; one case where fill in flash is unnecessary.



READERS' PHOTO CONTEST

COME, JOIN THE FUN

NEVER have you had a better chance of winning a prize in a photo competition than now. So far, everyone who has sent us colour transparencies or *prints* for inclusion in the competition has won at least one prize—some have won several. We need more prints now.

Let us look at this month's entries in the womens' section. I've given first prize to R. Brockstra who also contributed this month's Personal View. It was taken at Agde. Second prize goes to Mr. Elphick for his charming study taken at Koversada, Yugoslavia. And last, an unusual study collects third place for Mr. Longhurst of London. His model is 'Suki' who was very popular with our H&E Photo Club members. Incidentally, the first prize winner demonstrates a successful technique for taking pictures with the sun almost behind the model. Use the reflections from rocks or sand. Otherwise turn to flashlight as discussed in this month's 'Photo Course.'

Now, let us take a look at the male entries. First place can go to none other than Mr. A. K. Taylor for his excellent study probably also taken at Koversada. But once again it could have benefited from some flashlight to fill those face shadows. Second goes to Stewart Swinton of Scotland, obviously enjoying his suntan at (we think) Montalivet in France. And third goes to Mr. Lloyd McDonald of Canada.

Finally, the groups. First prize goes to the group taken by a reader at his club in Yorkshire. Second prize is picked up by Mr. J. A. Meade of London for the picture taken at Eureka Club and third once again to Mr. Brockstra of Holland.

Remember when entering your prints or transparencies, you **MUST** put your name and address on every one—otherwise they have to be disqualified. Write on the back of the print or directly on the transparency surround. If in difficulty stick a piece of sticky paper onto the transparency mount and write on that.

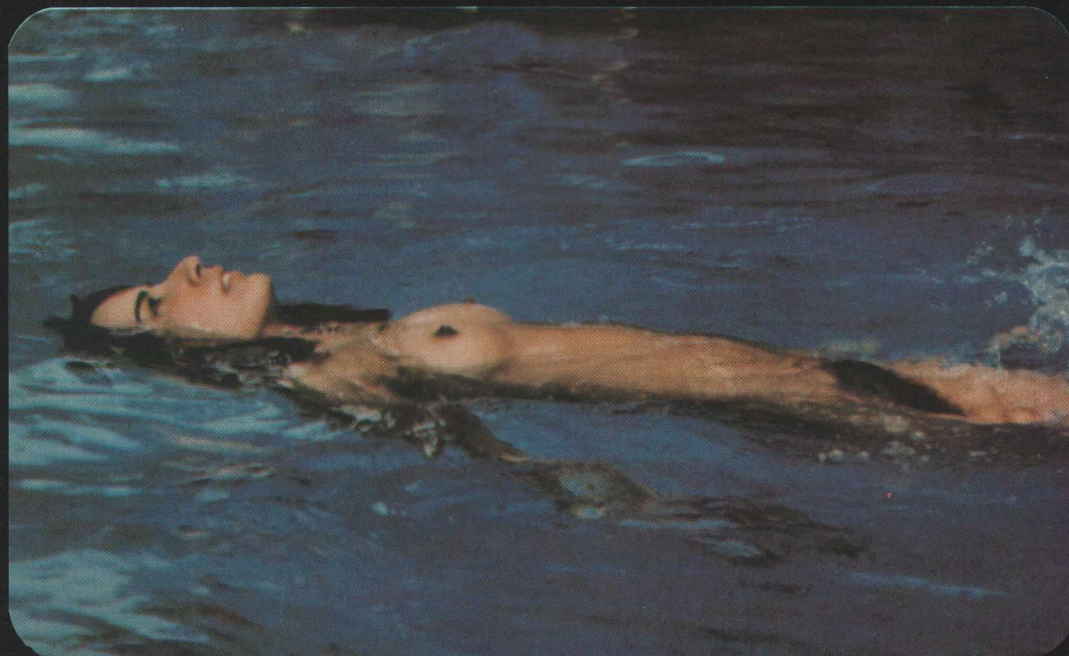


Female

FIRST [above]
goes to R. Brockstra. £12 will help with the cost of more film.

SECOND [right]
goes to R. Elphick of Sussex who collects £8.

THIRD [below]
Suki collects £5 for T. Longhurst of London.



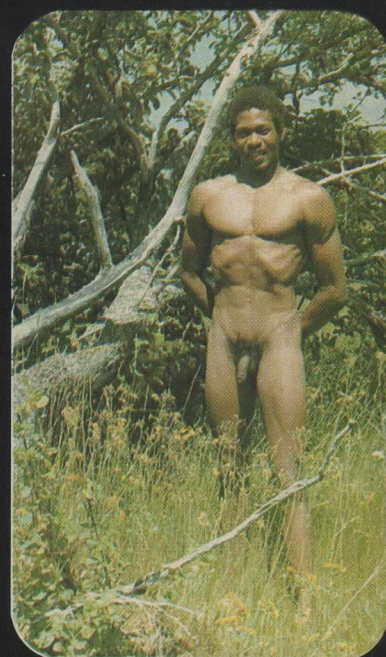
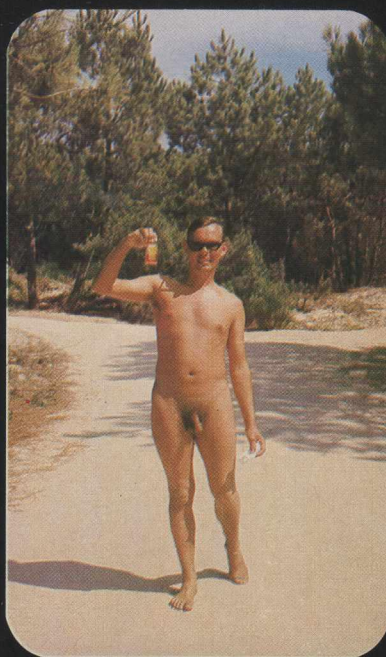
Male



FIRST [left] and £12 to A. Taylor of Brighton for this study taken, we think, at St. Tropez.

SECOND [below left] goes to J. Stewart of Scotland. £8 to buy suntan oil at Montalivet next year.

THIRD [below] collects £5 for L. MacDonald. It will soon be winging its way to Canada.



Groups

FIRST [above] goes to the photographer of these Yorkshire club members.

SECOND [right] wins £8 for J. Meade of Kent, a springtime visitor to Eureka Club.

THIRD [far right] and a further £5 for R. Brockstra of Holland.



LETTER OF THE MONTH

★ SECRETIVE CLUBS ★

We have had enough about beaches. What about the inland clubs? Why won't they open their doors to the general public? What have they got to hide? What are they doing behind those big hedgerows? Who are those faceless people who call themselves naturists?

We at the Victoria Sun Beach Club accept people on the beaches. We have nothing to hide, everyone is made welcome, we just enjoy the company of people who like the sunshine. During the past month we invited by letter and telephone over 30 inland clubs to our beach open day. Most of the letters had to go through an address in Kent to reach the clubs' secretaries. We got one letter in reply—saying they were too busy to attend our gathering.

Are they scared of losing some of their members if they get into contact with us lot? We enjoy the sunshine, except that ours is FREE, and we do not have any silly rules. We are open to the public, we are open to the press. The TV cameras can come along and see us if they wish.

Readers Letters

addressed to: 'Health & Efficiency',
23-24 SMITHFIELD STREET,
LONDON E.C.1.

We ask our readers to be patient if their letter has not yet appeared. We get more letters than we can possibly publish. Type your letters if you can! Be prepared to give your name — we want to phase out anonymous letters. From this month there's a £5 prize for the letter we choose as 'The Letter of the Month.' So if you've got something special to say — let's hear it!

It will not be long now before some of the clubs close down, lack of co-operation among the members will see to that. If you wish to see more free beaches, stand up and be counted (tallest on the right—shortest on the left!). We will not progress if we don't all play together, the nudie movement will collapse. Single men are also welcome here on the beach, provided they have not got two heads! Come on, pull

together, CCBN and free beaches, united we stand, divided we fall.

Victoria Sun Beach Club,
Lincolnshire. Bill Holesworth

SUCCESS STORY.

We have just gone through the latest INF Guide with a toothcomb and to our amazement have found that the Beau Valley Nudist Club here in South Africa

has the biggest grounds in the world, 4,000,000 square metres or 1,000 acres. The second biggest is in Ontario, Canada and a third is the Lake Como club in Florida.

I have sent the information to the Guinness Book of Records and asked if they will publish us as The World's Biggest Nudist Club.

We have now been going for 2 years and I believe nudism has advanced more in South Africa over this period than in any other country in the world, including Britain. The South African Broadcasting Company sent a TV team out to Beau Valley and last month filmed a ten-minute documentary on the 'bare' facts. This was a major step forward for naturism in South Africa. It was done in a positive, mature manner and I was given permission to edit the script.

It's thanks to H & E that all this was possible. I sent several copies to the Head Producer of the S.A.T.V. and he was extremely interested to note that the BBC had shown films to the nation on the subject of nudism.

Pretoria University, the biggest in the country, invited me to a debate on the subject of naturism. After a 2½ hour discussion, the 800 students gave me a standing ovation. The press were again, most positive. The Professors of psychology and sociology were astounded at my knowledge of the psychology of nudism, even down to the sex education of children aspect. Again, I passed round copies of H & E. The students had not realised that nudism was so big round the world and involved



millions of people.

Beau Valley has set the standard for naturism here in South Africa. We have had several hundred tourists from France and Germany, thanks to the write-up in H & E. We are at present filming a 16 mm colour movie on Beau Valley, titled 'Nude in the African Bushveld.' We shall be making several dozen copies which will be sent to major naturist organisations around the globe.

God Bless,

Beau Valley, Beau Brummel
P.O. Box 326
Warmbaths 0480
South Africa

[We hope we're included in the 'major naturist organisations!'
We'd like to see the film and
review it for our readers. —Ed.]

CRI DE COEUR—

In the short time that I have been reading your magazine I have been reminded time and time again that it is easy to become a naturist. But is it? I don't think so.

Inspired by one of your writers, I decided to run an advert to contact other naturists and in reply received seven letters (via a box number fortunately) which did not all seem to be from serious sun seekers.

I have just returned from a long week's holiday in Cornwall and before I went I decided to visit the naturist beaches at Pendeen and Porthkidney. I was told that they simply do not exist and that although naturists have used the beaches in the past any future attempts at nude bathing would result in prosecutions. I was told by the lighthouse man at Pendeen that this was due to the narrow-mindedness of some of the West Penwith council members.

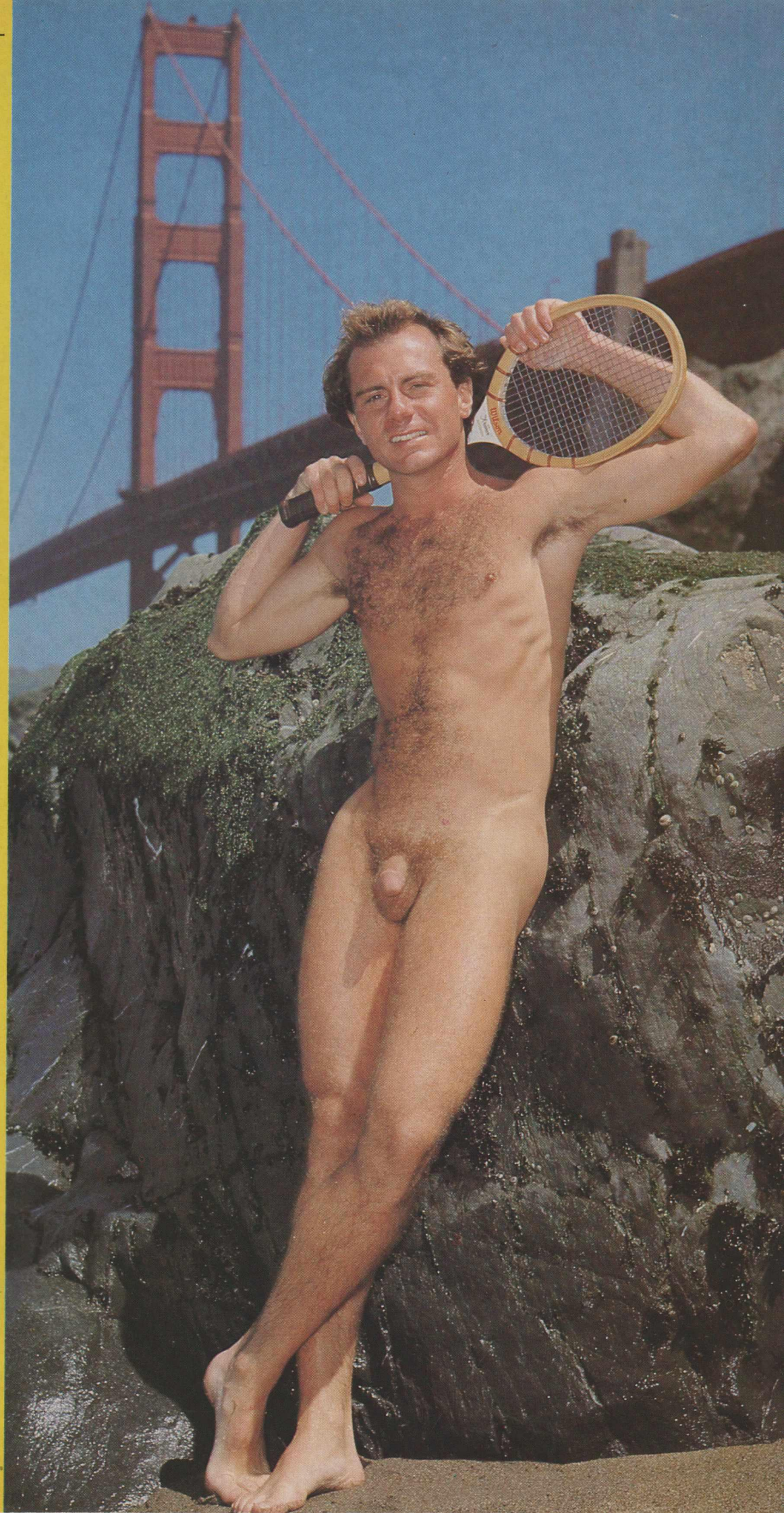
I am also hindered by my being single. Despite having girlfriends none seem to be at all interested and seem to think my desire to be a naturist is a perversion. In these so-called permissive times it is easier to sleep with a girl than to get her to come with you to a naturist club. I am aged 25.

So I put a question to you. Quite simply where do I go from here?

Yours faithfully,

Walton Road Stephen J.
Chesterfield Simpson
Derbyshire

[Perhaps our readers can help
Stephen with useful advice.
—Ed.]



RECOMMENDATION-

As newcomers to naturism we thought, if we're going to try it, we might as well make a holiday of it. So after reading your report on the Bournemouth and District Outdoor Club, we took the plunge and revealed all for a week in the sun.

We are now confirmed naturists. The hospitality was the best we have ever come across and if there was anything you needed all you had to do was ask and they were only too happy to help. I must agree with your article whole-heartedly. It's the perfect place for couples and families who want to get away from it all.

Mr. & Mrs. P. South

NUDIST DREAM

My wife and I are naturists and have been in a club for one year. I think I am as you call it a born nudist. I have always liked to be nude. I don't agree with the way you identify a naturist. When I am going out with my wife it happens that I am wearing a three-piece suit, jacket, trousers, waistcoat. I feel at ease and so does my wife. I like to be well dressed, either in a suit or in a shirt and blue jeans. And I like it when my wife is well dressed.

Even so, I am nevertheless dreaming of a country where one could live nude all year round, and every day. I am a truck driver, I am collecting the rubbish and because of that I would be obliged to dress. If such a country would exist, I would not hesitate to change my profession. I also think that clothes are sexual symbols and I

am not against them, even though being a naturist.

My wife and I are dreaming of buying a house with land where we could stay nude without worrying about the law.

I don't think, like some do, that H & E will become a pornographic magazine. It is always difficult to satisfy everybody.

I have the 'Photo club' section in front of me and I find this part of the magazine very interesting. I am a fan of pictures of any kind. I am learning many useful things when I read H & E.

Passage du Tenor Alan
69100 Villeurbanne Grandpre
France

YOUTH AND AGE

Having seen the last twenty or so copies of your magazine, I am

wondering whether it is really intended to reflect the spirit of naturism or be merely an album of pictures of youthful beauty. We all like to see beautiful bodies and none are so beautiful as the young. But to give the impression that only they are the naturists could discourage those with more mature bodies from joining and enjoying the Movement. After all, the beautiful young of yester-year are still with us today and the young of today will, I hope, still be with us tomorrow. So why not include some representative pictures of all nudists (or naturists, call them what you will) and so give readers the evidence that naturism is not confined to the young and beautiful only?

I appreciated the picture, in Vo. 81 No. 6, of an obviously pregnant young American

woman. That is natural!

Yours faithfully,
Waterloo Mansions F. Burt
Dover

[Have you seen the pictures in Vol 81, No. 10?—Ed.]

NATURIST FRIENDSHIP

I am writing to inform you of a new international naturists' contact and friendship agency, International Naturists Bureau.

The bureau will enable individual naturists and families, of all countries, to correspond on a worldwide basis. Ultimately, this will, hopefully, lead to exchange club visits, joint holiday projects etc.

All naturists, who reply to the bureau, will receive a membership card and free, quarterly newsletters. (English language). Should this scheme prove to be a success, I envisage a yearly convention also.

There will be no membership fee, but contributions to postage costs though* will be welcomed.

Respondents should state which nationalities they wish to contact and list languages spoken

The address for further information is:

International Bureau,
Mr. Peter Oxley,
15 Southlands Road,
York YO2 1NG
England.

Yours sincerely,
Peter Oxley

*International Reply Coupons.



How to Write for H&E

THERE'S only one way to write for a naturist magazine—naturally!

The most brilliant conversationist can sit down with a pen in his hand and 'can't write a word.' He's self-conscious because he was taught at school to write 'essays' and compositions.

So try to write as you talk. Or get a tape-recorder and chatter into it as though you were telling your best friend about your experiences. Then write it down later.

We don't want to give you too many rules; we want your writing to be unstilted and to express your character. All the same, remember to keep your sentences short. Use language and grammar that everyone can understand. Don't pontificate, preach or lay

down the law. If you create long and flowery phrases of which you are particularly fond, strike them out immediately!

Start at the beginning and carry on sensibly until you reach the end. Put in plenty of conversation. Let us know where you went, how you got there and what it was like. We're broad-minded at H. & E. If you found your naturist experience disagreeable, tell us about it. We may not agree, but we do enjoy a good discussion!

Have you heard about our competition? We're offering £100 first prize for the best story about a naturist holiday. Make it original and include photographs (black and white and colour transparencies) of yourself if possible.

We'll send your manuscript and photos back if you want them, but we do reserve the right to publish any runners-up. These will receive our standard publication fee.

Readers' Photo Competition

You can also win yourself some money by entering our Readers' Photo Competition every month. We have four sections—Men, Women, Groups and our Special Section for anything (drawings and paintings as well as photographs) that doesn't fit into the other sections.

Each section carries increased prizes of £12, £8 and £5. If we get enough entries we'll run a colour section too; your entries can be colour transparencies or colour prints.



H&E - WORLDS' TOP NATURIST MAGAZINE



This Christmas — send a subscription!

H. & E. makes an original present for your closest friends — and lasts all year. Fill in the form on page 41 with your friend's name and address. Add your own name if you'd like us to include a greeting card with the first issue.

Merry Christmas!

CLASSIFIED ADVERTISING

in Health & Efficiency costs 25p per word—minimum charge £6.00 per insertion, with a minimum 3 insertions. Box Numbers count as two words and cost an extra 50p to cover administration and postage. All advertisements must be prepaid and sent to:

**Advertising Manager,
Peenhill Ltd.,**

**23-24 SMITHFIELD STREET,
LONDON E.C.1.**

We regret the increase in costs but, for many years we have been offering this service and, with constantly increasing costs, it is not possible for us to absorb these increased overheads. The rates, though, are still very competitive—and a good value for money.

The Publishers reserve the right to refuse advertisements without explanation.

Classified—7 weeks prior to publication.

Display—7 weeks prior to publication. If artwork supplied, 7 weeks prior to publication, 9 weeks if not.

All replies to Box Numbers should be addressed to: 'Health & Efficiency',
**23-24 SMITHFIELD STREET,
LONDON E.C.1.**

Naturist Youth Group (age 16-27) welcomes newcomers. Naturist weekends, holidays, social meetings, etc. State age, interests. Photo appreciated—returned. Literature 4 x 12p stamps.—Box No. 1798.

Enjoy Sunbathing at Yorkshire's finest Naturist Club, Valley Club, near Harrogate S.A.E. 10p for details to: Valley Club, Box No. 1830 c/o H & E.

Male Naturist, London, modern house, garden (male sunbathing) required male lodger (16-25). Low-cost short stays also available. Please send personal details, age, interests, photo.—Box No. 1866.

Young Man seeks companion and rendezvous for occasional private nudist evenings. London area preferred. Photo and age please.—Box No. 1862.

International Family Nudist 1980 Yearbook Glorifying families with children, secundum naturam. Other parents and reputable photographers please write: Marc and Linda, 5229 Grand, Downers, IL, 60515, USA.

Fast, Careful Processing Service for naturist and confidential colour films. Confidentiality guaranteed always. C D S Photoservices, 34 High Street, Welwyn, Hertfordshire. (S.A.E. for lists please).

Central London Amateur Photographer seeks young guy for naturist photos. Not for publication. Experience unnecessary. Please send photos and details.—Box No. 1863.

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Young Naturist Couple (29-34) forming small youth group invite new members 16-21 both sexes. Social meetings, swimming, sauna parties, music and general fun. 1 x 12p for reply.—Box No. 1876.

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Young Males and Females (16-22) wanted for modelling, no experience necessary. Good fee paid. Photo please. Young amateur photographer, Bournemouth/Southampton area.—Box No. 1859.

Male (31), single, considerate, seeks attractive female partner for visits to Free Beaches, etc., Surrey.—Box No. 1860.

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P.I.P.P. (Personal Introductions for Professional People) offers a specialised and selective introduction service for professional and executive people.—For details send S.A.E. to P.I.P.P., P.O. Box 1, West Kirby, Merseyside D48 3LA.

Male (21), keen newcomer to Naturism, wishes to correspond with other young newcomers (18-24) living in Lancashire/Greater Manchester/Cheshire/Yorkshire areas, with view to arranging visits to Naturist locations.—Box No. 1848.

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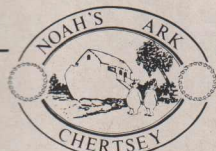
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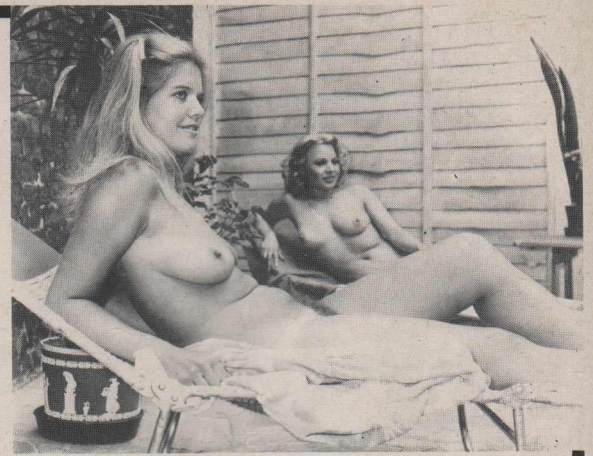
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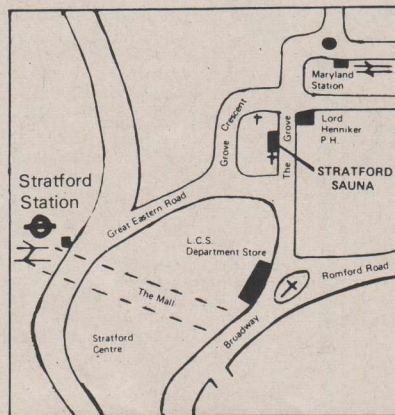
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